



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 1, 2014
January



Registration Day
is at the
Country Club on
Wed 29 January
from
10am to 12noon

U3A Terms 2014

Term 1

Monday 3 Feb
to Friday 11 April

Term 2

Monday 28 April
to Friday 27 June

Term 3

Monday 14 July
to Friday 19 Sept

Term 4

Tuesday 7 Oct
to Friday 19 Dec

From the President

Let me introduce myself, Lyn Van Kampen. I'm your new President and welcome to the New Year.

There are so many exciting courses and activities planned for this year by Dawn Hollins, our Course Co-ordinator and her new Curriculum Team.

We have had many enthusiastic offers to present courses. Thank you Course Presenters, without you there is no U3A.

Thanks to our previous Grant Officer Sylvia Hibberd, we were successful in receiving a grant from the Mumbulla Foundation and the BVSC for \$3000.

We will use this grant to purchase a digital projector, portable screen, laptop

and software for course presentation and for use by outside presenters, such as COTA (Council of the Ageing).

We love feedback—members wishing to send photos and articles about courses, suitable for the media please email them to publicity@bermagui.u3anet.org.au or post to The Publicity Officer, P O Box 160, Bermagui 2546.

It was voted successfully at the AGM to change our name to U3A Bermagui & District Inc. to more accurately reflect the membership area.

Have fun and enjoy.

Lyn Van Kampen

Tips for Tutors....when enthusiasm is not enough

Do you want to present a course but lack confidence? Perhaps you already present courses but want to do it better?

Then this two-hour session is for you—a down-to-earth look into the techniques of teaching. You will gain practical skills to enhance your ability to present courses or give talks.

This course will be held on Registration Day, Wednesday 29 January, so pre-enrolment is essential.

Agenda: 12:30 to 1pm a working lunch at CTC 1 cost \$5; 1pm to 3pm *Tips for Tutors* followed by afternoon tea.

The course will be presented by Wilma Chinnock who brings 28 years of successful teaching and is highly regarded as an excellent U3A presenter.

Pre-enrolment by 27 January wilmachinnock1@bigpond.com or phone 6493 8310 after 7pm

President	Lyn Van Kampen	6493 5139	president@bermagui.u3anet.org.au
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Courses for Term 1

French

This is a continuing class. New members would need to have some facility with the French language.

Includes grammar, reading, translating and conversation on current topics. Cost \$2 covering hire of room and some printing.

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 Monday 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.

Oil Painting

This is a continuing course but new members are welcome. Learn to use oil paints with local artist and teacher Rona Walker. There will be a cost for materials that are provided by participants.

Art History

This popular continuing course is led by well-known artist and teacher Rona Walker. This term the focus will be on Egyptian Art. Cost \$2

Advanced Colloquial Italian

This is a continuing class. New members need some knowledge of the Italian language. Textbook required (\$25). Written work encouraged and corrected in class. Gold coin donation to cover booking fee and photocopying material used. Cost gold coin plus text. Tea/coffee and refreshments provided.

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

Mathematics - It's as Easy as ABC

If you thought mathematics was difficult at school, then this course will change that misconception. You will have fun and find mathematics enjoyable and manageable and you will succeed in an area that you once thought difficult. 2014 is definitely the year for you to gain confidence and skill in the wonders of mathematics.

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. Coffee, cake and camaraderie in Bermagui on alternate Wednesdays. Cost gold coin.

Preparation for Bermagui Seaside Fair

We know the theme, now we need a team of enthusiastic members to brainstorm ideas and share practical skills to prepare the U3A parade entry and information stand in the Seaside Fair on 8th March.

Marine Radio Operator's Certificate of Proficiency

Bermagui's Marine Rescue group requires volunteers to help man their radios. To be able to assist, you must acquire a MROCP qualification, and this series of three sessions will assist you to gain the knowledge to get that qualification.

WW1 and the South Coast

This is the course you should join in 2014 as the World War 1 centenary is to be celebrated. Particular emphasis will be on Australia's involvement and how it affected the South Coast. You'll enjoy quirky twists and turns along the way, have opportunities to discuss aspects of particular interest to you, and you'll better understand the events being commemorated over the next 5 years. Places are limited. Details: 6493 8529.

Book Chat Narooma

Love to read? Join us to share a variety of interesting books on all topics. Come, share and discuss any book you're reading with the group.

Book Chat Bermagui

Get together with other readers once a month to talk about books - fiction and non-fiction. Discussions often lead to interesting subjects. Talk or just listen.

Linguistics - The Science of Language

Understanding the principles of general linguistics, phonetics, morphology, syntax, socio- and historico-linguistics by means of an investigation of the history and development of Indo-European and other languages. Course costs: \$2

Birdwatching

Enjoy our beautiful, natural environment while looking for birds with Sylvia as your guide. The initial meeting will establish exact dates. Unlikely to be additional costs to participants (apart possibly for fuel), but we might finish our walks at a cafe! Advice on what to carry on walks will be provided before walks. Please express your interest on Registration Day, or by phoning Sylvia. Please note that you will need to be able to walk up to 2 hours.

Stitchers

Grab 2 hours of 'me time' and join our small, friendly 'Stitchers' group. We work on our own projects and help each other with new things we would like to try. Knitting, crochet, cross-stitch, tapestry, patchwork or any small handicraft - and you can even bring your mending! Sewing machines are not available but you are welcome to bring your machine to 'Stitchers'.

Computer Basics

Computer basics will be about familiarising participants with their PC, including laptops, Tablets, and possibly Ipads. Basics will include Internet Safety, government websites for Seniors; email; Skype; downloading photos and information, and surfing the internet. It will be the group's decision to choose the topics that each person requires assistance with. For more detailed courses like Excel, Microsoft Word and Power Point, outside tutors will be sourced. The aim is to form a self help group and work from there.

Begin to Write Your Life Story

How to start, organise, remember, what to put in/leave out and more. Many people have found that writing their life story is fun, healing, brings back forgotten memories and can draw families closer. You can record your life story with a pen and paper, computer, audio or video. Print it, publish it or leave it in a drawer - the choice is yours!

NEW Courses**Yoga for Beginners.**

This course is an introduction to the practice of Yoga and is ideal for those who think themselves lacking flexibility. It is open to anyone who would like to be more in tune with their mind and body. Based on traditional Hatha Yoga, it incorporates some meditation and chanting. Participants must bring their own Yoga mats. \$2-\$5 to cover the cost of the room.

The Art of The Composer

Bill is Emeritus Professor of Music at ANU. He will take his students on a journey of discovery, exploring their talents and encouraging them to be creative composers of music.

The Wisdom of Tao De Ching

Come along, and work through and experience the wisdom of Tao De Ching, written by Chinese prophet Lao Tzu over 2500 years ago. We will begin to study these 81 verses, which encourage you to change your life by changing the way you think. This offers guidance for most areas of life. A quote from Lao Tzu: 'Simplicity, patience, compassion. These are your greatest treasures.'

Cost \$3 to cover tea/coffee/biscuits.

English Historic Homes: 17th & 18th centuries

We will cover the period of English history from 1660 to 1780 when many impressive houses were built and their interiors decorated. We shall examine the architectural styles that arose during this time, their historical context and how these and other factors influenced architects, designers and interior decorators. Country and London town houses will be used to illustrate key concepts. Course cost \$3-\$5. An optional feature of the course could be a trip to the UK to visit the properties if enough people were interested.

A Taste of Patchwork

A short introduction to patchwork where participants will construct a variety of simple patchwork blocks which could be used to create a sampler quilt or other article. A variety of cotton fabrics will be required, plus a sewing machine, or needle and thread. I will supply some patchwork tools for the classes until participants are hooked!

Mahjong

If there is sufficient interest this group will be established.

Health & Well Being Forum

Healthy Ageing - we all want it, but how do we do it? Fourteen local health practitioners will guide you through some options for a healthier, more vibrant future. With segments on healthy nutrition, physical activity, natural healing, stress management and the mental health challenges that older people face, the program will give you the impetus to make positive changes in your life.

The event is fully catered with healthy morning tea and lunch provided by a local gourmet cook. Come along with an open mind. Wear comfortable shoes. Be prepared to be moved body and soul. Cost \$25.

Hearing Services

Hearing loss affects one in six Australians and by 2050, will affect one in four. If you or a loved one is affected by hearing loss, this session may help you. The session will explore some of the causes of hearing loss, prevention, and services available to support people experiencing hearing loss.

Towards a Healthy Old Age for Pets and their Owners.

Mary is a retired vet with a passion for companion animals. She will talk about the importance of pets to our sense of physical and emotional well-being, and will share some tips on keeping pets healthy into their old age. Cost \$3 for morning tea.

Massage for Home Use - Head & Shoulder

Learn how to give a head and shoulder massage (through clothes), the basic principles of massage, and the use of oils and unguents. The aim is to give you enough information and techniques so you can look after your family and friends. It will be fun so come and learn to rub people the right way!

Eat Your Garden - Edible Garden Workshop

Learn how to plan, design and implement food gardens for yourself and your family. This workshop will cover the theory of good garden design, the importance of soil conditioning and the benefits of integrated systems. Practical techniques including seed propagation and compost making will be demonstrated. Come prepared to get your hands dirty and be inspired to grow your own food. Wear sturdy footwear, hat and sun-safe clothing and bring your lunch, garden gloves and pen and paper.

Cosmic Wonders

We will start with the basics of astronomy and viewing techniques, then discuss the solar system and different star types, binary stars, open clusters, globular clusters, nebulae, galaxies and constellations using large coloured pictures. Opportunities to use a personal telescope and solar filter to see the sun and sunspots, weather permitting. Books and astronomy aids for reference, plus items for purchase.

A Guided Tour of Sculpture on the Edge

Meet at the Information Booth on the Bermagui Headland for a walk around the sculptures with a knowledgeable guide. Wear sensible shoes and a hat.

Lunch with a 'Local Treasure'

This is the first in a series. Once a term we will organise a casual lunch in someone's home or in a public venue where a 'local treasure' will talk about their life, work and passions, tell stories and answer questions. Our own valued elder, artist and teacher, Rona Walker, is this term's treasure, and the event will be held at her home in Beauty Point. The cost for lunch with Rona will be \$15, to be paid at registration.

Tales of the Valley

An audio-visual excursion through some of the fascinating history of the Bega Valley presented by award winning local author, Margaret Evans. Margaret's family have been part of the area since her great grandfather arrived in 1833.

Life in the Tidal Zone

Join Marine Biologist, Nick Gard, as he describes the significance of the tidal zone found on our rock platforms. Nick will collect species that can be examined and explain the importance and changeability of a part of our beach that we often ignore. Please wear appropriate footwear and clothing for an outdoor excursion. No cost.

Boules and 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 bbq. Bring your own food and drink. Tea and coffee supplied. Cost \$2.



Our AGM was well attended and successful. Course leaders and Committee Members each received a gift of appreciation.



Left: Paolo explains how electricity works



Above: The Dairy Farm excursion—we learned about dairying in the Bega Valley



Right: Yes, platypus were spotted on our excursion to Platypus Country



Our trip to the Lloyd Rees exhibition at the Shoalhaven Art Gallery