



# U3A BERMAGUI & DISTRICT

*University of the Third Age in Bermagui & District Newsletter*

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

**Term 4, 2014**  
**October**



**Registration Day**  
**is at the**  
**Country Club on**  
**Wed 1st October**  
**from**  
**10am to 12noon**



**AGM**  
**Wed 12 November**  
**2pm—4pm**  
**Country Club**  
**Auditorium**

**Term 4**  
**Tuesday 7 Oct**  
**to Friday 19 Dec**

## From the President

Bruce Pascoe's presentation last term was a highlight. I came away thinking how little I know about Australian's Indigenous history. I said to Bruce that is sad that the truth has been hidden, and he said, "Yes it is sad, but it doesn't have to end there, as long as we have hope". With the embers that are now kindling between Umurra and U3A, let us hope they catch fire and we can exchange our knowledge and skills.

Next term, the Annual General Meeting is when you get to have your say from the floor about anything to do with U3A Bermagui & District. As well as voting in the new committee, the Can't Sing Choir is entertaining us and there is yummy food too. Then the following week we are sponsoring a Regional Gathering Day and it is going to be an entertaining day with challenges and mental stimulation in a fun and interactive way.

Have a great 4th term— many volunteers have worked hard organising it.

*Lyn Van Kampen*  
*President*

## U3A Regional Gathering

Our U3A is the instigator and host of an exciting regional gathering of district U3As from Batemans Bay, Sapphire Coast and Snowy Mountains. We will be workshopping at the Country Club from 10am—4pm with lunch and morning tea included in the cost of \$20. There will be forums, tutor tips, speakers and think-tank sessions about how we can all work more effectively. Creative ideas are welcome! All members of these U3As are encouraged to participate.

## Our 5th AGM

This will be held on Wednesday 12 November. Full details will be sent to you in October and will include Nomination Forms for Committee positions.

U3A is a self help organisation— we all chip in by either offering a class or helping out in administration. Can you offer to run or coordinate a course? Could you assist our Course Coordinator by joining our Curriculum Team? (meet twice a term to help plan courses). What about becoming a Committee Member? (Meet once a month) Can you support our U3A in another way?

Help our U3A continue to thrive in 2015. Have a chat—phone one of the committee members listed below.

President	Lyn Van Kampen	6493 5139	<a href="mailto:president@bermagui.u3anet.org.au">president@bermagui.u3anet.org.au</a>
Secretary	Rosemary Knight	6493 4308	<a href="mailto:secretary@bermagui.u3anet.org.au">secretary@bermagui.u3anet.org.au</a>
Course Coordinator	Dawn Hollins	0429 923 005	<a href="mailto:courses@bermagui.u3anet.org.au">courses@bermagui.u3anet.org.au</a>
Membership	Sylvia Hibberd	6494 0135	<a href="mailto:membership@bermagui.u3anet.org.au">membership@bermagui.u3anet.org.au</a>

## Courses for Term 4

### **The Wisdom of Tao de Ching Part 2**

Join in the study of the Tao, the classic art of Truth Living. This teaching is timeless, relevant, and as modern as when it was written 25 centuries ago. New Taoists welcome to join. Cost \$3 per session.

### **French**

This is a continuing class. New members would need to have some facility with the French language. Some grammar, reading, translating and conversation on current topics. Cost \$2 per session covers room hire and photocopying. \*\*French for Beginners will be offered Term 1, 2015.

### **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 and costs discussed.

### **Mah Jong**

Join us in discovering the challenges, delights (and frustrations) of learning the ancient Chinese game of Mah Jong. Beginners welcome. Cost \$2 per session.

### **Classical Music Appreciation**

Relaxed listening to classical music, some of which may be new to you. No cost.

### **Oil Painting**

This is a continuing course but new members are welcome. Learn to use oil paints with local artist and teacher Rona Walker. Cost relates to materials purchased by participants.

### **Watercolour Painting**

Basic Watercolour Tuition. Participants need to bring own materials. Phone tutor for guidance if required.

### **Continuing Italian**

This is a continuing course, not a beginners group, to allow students from earlier terms to progress, and for those wishing to join the group who already have some facility with the language. Cost \$2 per session - covers room hire, photocopying and afternoon tea.

### **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 over coffee, cake and camaraderie. Exploring Australia and other countries. Cost \$2 per session.

### **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 per session.

### **Art History**

These popular sessions resume with much loved and admired artist Rona Walker. This term will focus on Australian Architecture. Cost \$2.

### **How To Take Care of Yourself and Others with Massage**

This popular course returns and will teach simple massage techniques to help you relax, relieve pain and generally feel good. Instruction is given whilst participants are seated and fully clothed. We will discuss and use some essential oils and other aids in looking after self and others. This is fun, informative and will be beneficial for everyone. Cost: gold coin.

### **Computer Club — Intermediate Group**

Waiting list applies to this class. 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. Additional costs for this will be discussed.

### **Book Chat Bermagui**

Are you a keen book reader? Come and chat about books, get great recommendations and enjoy discussion with other readers. No cost.

### **Birdwatching Group**

We will resume our easy exploration of areas in the region, welcoming the spring return of migrants and enjoying our many resident species, both forest and water birds. We are a social, non-expert group helping each other with identification. Good walking shoes are recommended and binoculars are desirable. No cost.

### Writing Your Life Story

This course is open to all who wish to begin or continue to write their life story. You do not need computer skills, literary talent or a degree in English—just a desire to document your life. You may want to print it, publish it or leave it in a drawer—the choice is yours. We will discuss aims, how to start, what to put in, what to leave out and how to overcome writers' block. Come and share your desire to write with other like-minded people. Cost \$2 per session.

### Stitchers

Easy, enjoyable Friday mornings—bring your own handicraft, UFO or even mending! Alternatively come along to learn something new that has taken your fancy. We are bound to have someone in the group who can guide you. Supply own materials and bring your machine if you wish. Ideal for those who can't commit to every week. No cost.

### 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 Friday of

each month. Details of the movie and lunch will be phoned or emailed beforehand. Movie is \$10 and lunch at own cost. New members welcome.

### Linguistics

This ever popular course returns with an exploration of the science of language with particular emphasis on English. Cost \$1.

### 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.



Rona with her design for the rug hooking project to hang in the Surf Lifesaving Club; Dawn with piece by Rachel, a gift for Bruce Pascoe, guest speaker, last term

## NEW Courses

### Morning Exercise

Three sessions on offer—come to one or all, or a combination. 9am—10am: gentle exercise, including warm up, aerobics, balance, arms & legs and meditation. 10am—11am: more vigorous exercise, including use of weights and floor exercises. 11.30am—1pm: gentle walk followed by picnic lunch (some of our 10,000 steps for the day). Participants should wear comfortable clothing and footwear and bring water, and backpack with lunch if taking part in the walk. Cost: gold coin.

### Contemplating Life

We take an opportunity to reflect together on who we are now, and who we are becoming. We will explore the spiritual and psychological elements of this topic using music, journaling, sculpture, conversation, creativity and celebration. Bring an exercise book, a pen and an open mind. Cost \$2 per

session to cover photocopying. You are invited to coffee and lunch at the Club if you wish.

### Adobe Photoshop for Beginners

Course participants will learn how to use Adobe Photoshop Elements to edit and enhance their photographs. They will learn how to put borders around pictures, how to change colours, straighten, sharpen, brighten, adjust contrast etc, and how to put text on photos. This course is aimed at people with little or no experience of using Photoshop. Cost \$10

### The Art of Kissing Kitty and Touching Jack - Lawn Bowls for Fun and Fitness

Ever wanted to try your hand at lawn bowls? This is an opportunity too good to miss! Mats, jacks, bowls and tuition are provided. Additionally on 29 October and on the last day, 19 November, a sausage sizzle will be provided. Wear comfortable clothing and flat soled shoes or thongs. Cost \$5 per session.

## Lunch with a Local Treasure

Once a term we organise a casual lunch in someone's home or in a public venue where a 'local treasure' talks about their life, work and passions, tells stories and answers questions. Our treasure this term is Jill Richardson, who enriches the lives of all who meet her. In 2007 when she was 87, she published her memoir *Grasping the Nettle*, a brave, honest and often funny story of her journey towards self-discovery. Join us at The Oyster Bar for lunch with a truly beautiful soul. Cost is \$15 payable at Registration.

## So You Want to Build a Harbour Bridge

Is the Sydney Harbour Bridge one of your favourite Aussie icons? If so, then a rollicking yarn encompassing Greenway, Bradfield, De Groot and Lang might be just for you. Facts, anecdotes and photos are all part of this presentation. This two hour journey will traverse history, design, construction and the official opening of this mighty structure. Eighty two years old and still going strong—who of us can make the same claim? Cost: gold coin donation.

## Gulaga Experience

For Yuin people Gulaga is the place where everything begins and a place for teaching culture. The mountain's ability to provide for Yuin people, from the beginning of time makes her unique and sacred, especially to Yuin women of the South Coast. This powerful mountain, an extinct volcano, has a fascinating history from Yuin creation stories to devastation by gold mining in the 1850s. Lynne Thomas, an Indigenous Education Officer and artist, will host two sessions: the first a 2 hour information session in Bermagui, the second a guided walk on



Gulaga which will start around 10am and finish around 4pm. There will be a limited number of places for less able-bodied people to travel with the group in a four-wheel drive. Cost TBA.

## Coffee Appreciation

There's more to the 'perfect cup of coffee' than meets the eye. For coffee lovers and those that want to know what all the fuss is about, come along to this informative session at coffee headquarters, Narooma. Learn about the origins of coffee, the principles of roasting and extraction, and of course, savour the opportunity to enjoy several good coffees during the afternoon session. Cost to be advised.

## Are You Ready for Summer? Preparing for Bushfires



Have you seen the NSW Rural Fire Services television commercial with the bottom line 'Planning to make a plan is NOT a plan'? RFS Community Safety Officer Marty Webster will host this informative and practical session around planning and preparing for bushfires. Topics may include: Know Your Risk, Prepare your Home, Prepare Yourself and Family, Fire Danger Ratings, Alert Levels, Building in a Bushfire Area and Travelling in a Bushfire. Cost: gold coin which will be donated to local branch NSW RFS.

## Weather & Climate

Everyone talks about the weather, but increasingly in recent years the subject is fraught with concern and controversy. This session offers two presentations: the first by Jo Lewis, will outline feedback mechanisms based on the Exeter University short course headed by IPCC Climate Scientist Professor Tim Lenton; the second will be an 'Al Gore' Climate Change presentation given by Dean Turner. There will be time for open discussion. Cost is \$15 with morning tea and lunch provided.



Left: Flyfishing



Right: Rug Hooking



Above: Learning Italian



Right: Poetry group