



5/48 Berry Street Nowra NSW 2541

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Term 1, 2018

Monday February 12 – Friday April 6

Enrolments:

In the office – Thursday and Friday, 1st and 2nd February, between 10:30am and 2:30pm.

Enrolments may be posted, or left in the U3A No. 5 letterbox inside the entrance to 48 Berry St, Nowra.

Office Hours:

During Term: 9:30 – 12:30, Monday, Wednesday and Friday

PRESIDENT'S REPORT

Welcome to Term 1, and I encourage you to share the newsletter with your friends.

The course coordinators offer a substantial program with several new courses, including Italian Language and Art Appreciation and Practice.

A course is being offered through Nowra Library where, as part of their HSC community activity, students assist senior community members with use of technology, such as smart phones and computers.

Terry Crockford has handed me the presidential baton with the group in great shape. I congratulate her for her sterling efforts as president. Also, thanks to her and her committee for the wonderful success of the 30th anniversary luncheon in November.

A warm welcome to Warren Mason and Lynette Liddy to the committee. Denise Stevens, Ian McCausland, Merilynn Weiss, Geoff Spencer and Helen Delaney have retired from the committee, leaving an indelible stamp on U3A Shoalhaven, for which we are grateful.

A huge thanks to Bob Hayward, former long-standing Philosophy facilitator, who continues in the role of Treasurer.

The success of U3A is very dependent on volunteers, more of whom are needed.

Please make the effort to submit enrolment forms on time to avoid disappointment of courses filling or being cancelled.

I wish you an enjoyable year of learning for sheer pleasure.

Denis Simond

2017 Management Committee

President:	Denis Simond	Publicity Officer:	Jan Martin
Vice President:	Terry Crockford	Member Register:	Valda Mitchell
Secretary:	Joy Warton	Course co-ordinators:	
Web Manager:	Warren Mason	Kim Cartledge	Eric Courtney
Treasurer:	Bob Hayward	Committee Member	Lynette Liddy

SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU ...

A single session and, or a series...enrol early, as some have maximum numbers!

CREATIVE ARTS

POTTERING with PENCILS, PAINT and PAPER	MONDAY	NOWRA
MOSAICS	MONDAY	HUSKISSON
MUSIC APPRECIATION	TUESDAY	NOWRA
ART AND THE CREATIVE EXPERIENCE	FRIDAY	NOWRA

CURRENT AFFAIRS - PHILOSOPHY

HOT TOPICS (3 at Berry)	MONDAY	BERRY
PHILOSOPHY / ETHICS	WEDNESDAY	NOWRA

ENTERTAINMENT – EXCURSIONS - TRAVEL

MANLY TO SHELLY BEACH WALK	TUESDAY	MANLY
MOVIE CLUB	THURSDAY	NOWRA
LET'S DO LUNCH	THURSDAY	SHOALHAVEN
SCOTLAND	THURSDAY	NOWRA
OPERA – DONIZETTI'S 'ELIXIR OF LOVE'	FRIDAY	NOWRA
HINDU TEMPLE AND LUNCH	SATURDAY	HELENSBURGH
GARDEN LOVERS' TOUR INFO SESSION	FRIDAY	NOWRA

HEALTH - SPORT

KEEPING THE MARBLES ROLLING	MON & WED	NOWRA
TENPIN BOWLING	MONDAY	NOWRA
STAYING STRONG	TUESDAY	NOWRA
CROQUET	WEDNESDAY	NOWRA
TAI-CHI	WEDNESDAY	NORTH NOWRA
LAWN BOWLS	WEDNESDAY	BOMADERRY
PARKINSON'S CONDITION	THURSDAY	NOWRA
MEDITATION	THURSDAY	NOWRA
PETANQUE	THURSDAY	NUMBAA

HISTORY - CULTURE

ITALIAN FOR BEGINNERS	MONDAY	NOWRA
FRENCH ADVANCED	TUESDAY	NOWRA
GERMAN INTERMEDIATE	TUESDAY	NOWRA
DAIRYING THEN AND NOW	TUESDAY	NOWRA
FAMILY HISTORY	TUESDAY	PYREE
EUROPEAN INVASION	TUESDAY	NOWRA
STREET AND PLACE NAMES OF VINCENTIA	WEDNESDAY	HUSKISSON
SCOTTISH COUNTRY DANCING	THURSDAY	NOWRA
TRAVELS IN TURKEY	THURSDAY	NOWRA
HISTORY - AUSTRALIAN THEMES	FRIDAY	NOWRA
FRENCH INTERMEDIATE	FRIDAY	NOWRA
UNITED IN VOICE - CHOIR	FRIDAY	BOMADERRY

NATURE, SCIENCE and TECHNOLOGY

TECHNOLOGY – HOW	DAY TO BE ADVISED	NOWRA
FORENSICS	TUESDAY	NOWRA
YOUR ELECTRICITY ACCOUNT	TUE & THUR	NOWRA
SCIENCE	WEDNESDAY	NOWRA
NATIONAL PARKS & WILDLIFE - FIRST 30 YEARS	THURSDAY	NOWRA
FOSSILS FROM STONE	FRIDAY	NOWRA

TERM 1 PROGRAM 2018

DAY TO BE ADVISED

1	<p>TECHNOLOGY – HOW <u>Shoalhaven Library</u></p> <p>Need help with your smart phone, Ipad or computer? Senior students from Nowra High School share their knowledge and expertise with those seeking to begin or expand their use of modern technology. Register your interest.</p> <p style="text-align: center;">Those interested will be advised, in week 1 of term, the day and time of these sessions.</p> <p style="text-align: center;">No charge - attend as often as you need.</p>	<p>Sessions: 7</p> <p>Dates: T B A</p> <p>Venue: Nowra Library Berry St</p> <p>Cost NIL</p>
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MONDAY

2	<p style="text-align: center;">POTTERING with PENCIL, PAINT and PAPER</p> <p><u>Coordinator: Don Bastock</u> <u>Maximum 12 Members</u></p> <p>This is a group of people who get together to explore art and diverse conversation without a tutor. We bring our own equipment and materials.</p> <p style="text-align: center;">Tea, coffee and biscuits are available.</p> <p style="text-align: center;">You are welcome to join us if this sounds suitable to you.</p>	<p>Sessions: 8</p> <p>Dates: 12, 19, 26/02; 5, 12, 19, 26/03 & 2/4</p> <p>Time: 9:30 - 11:30</p> <p>Venue: 5/48 Berry St</p> <p>Cost \$29</p>
3	<p style="text-align: center;">MOSAICS at Lady Denman Maritime Museum Huskisson</p> <p style="text-align: center;"><u>Leaders: Lulu Davies, Rane Hanlen, Val Tinsley</u></p> <p style="text-align: center;"><u>Maximum 22 Members</u></p> <p>Have you ever wanted to learn Mosaics? Lulu, Rane and Val are happy to share their knowledge and get you started with the basics of this creative craft. Gain hands-on experience in priming, cutting tiles, gluing and grouting your initial simple project. Your next project/s will be limited only by your imagination. You will receive a list of required equipment and material at the first session.</p>	<p>Sessions: 7</p> <p>Dates: 12, 19, 26/02; 5, 12, 19, 26/03 & 2/4</p> <p>Time: 10:00 - 1:00</p> <p>Venue: Woollamia Rd & Dent St Huskisson</p> <p>Cost: \$26</p>
4	<p>KEEPING THE MARBLES ROLLING <u>Leader: Judy Potter</u></p> <p>This program is designed specifically for U3A members. It develops mental agility through games and exercises that use the main functions of brain activity – verbal, numerical, spatial recognition, logical thinking, short and long term memory, creativity and lateral thinking.</p> <p>Tasks are completed individually in a friendly environment without the pressure of competition.</p> <p>Bring paper, pencil and eraser. Come prepared to have fun!!!</p>	<p>Sessions: 7</p> <p>Dates: 12, 19, 26/02; 5, 12, 19, & 26/03</p> <p>Time: 1:00-3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$36</p>

MONDAY Cont

5	<p>HOT TOPICS <u>Facilitator: Eric Courtney</u></p> <p>Share your opinions and understanding of events occurring locally and throughout the world to get a better understanding of what is behind these events and why they are occurring. All stand equal in the group regardless of background, education and or experience. New members very welcome.</p> <p><u>NOTE:</u> 3 sessions only, at BERRY CWA Hall</p>	<p>Sessions: Dates: Venue: Time: Cost::</p>	<p>3 19/02; 5 & 19/03 79 Victoria St Berry CWA Hall 1:00 – 3:00 \$14</p>
6	<p>TENPIN BOWLING <u>Leader: Kim Cartledge</u></p> <p>If you thought this was beyond you - think again! Modern lane technology gives you options to facilitate your game, even if the body isn't as able as it was when you last played. Come and enjoy the fun</p> <p>Single game cost is \$6 including shoe hire, paid by players to the lanes' proprietor on each day.</p>	<p>Sessions: Dates: Time: Venue: *Cost:</p>	<p>4 12, 26/02; & 12, 26/03 10:00 - 11:30 Shoalhaven City Lanes, Narang Rd Nowra \$8 to U3A SEE LEFT</p>
7	<p>BENVENUTI IN ITALIANA PER PRINCIPIANTI Welcome to Italian for Beginners! <u>Facilitator: Alan Madge</u></p> <p>Want to learn Italian from scratch or have some basic Italian skills? Join this mutual study group which will use the text <i>Italian for Dummies</i> and the online <i>MANGO</i> language teacher, available through Nowra library's website. Students pay \$30.60 (min 10 orders for a discount of 15% on the RRP of \$35.99) for the text, when enrolling and need to be Library members. Access to <i>MANGO</i> will be shown in the first session.</p>	<p>Sessions: Dates: Time: Venue: Cost:</p>	<p>7 12, 19, 26/02; 5, 12, 19, & 26/03 10:00 – 12:00 48 Berry St \$26 +\$30.60 For text</p>

TUESDAY

8	<p>MUSIC APPRECIATION <u>Presenter: Geoff Spencer</u></p> <p>This is a must for lovers of classical music. Listening to the works of the great composers and outstanding musicians is great, but it doesn't compare with watching it being performed in high definition on a large screen. Programs are provided with biographies of the performers, many of whom are quite young and extraordinarily talented.</p>	<p>Sessions: Dates: Time: Venue: Cost:</p>	<p>3 13, 20 & 27/02 10:00 - 12:00 Berry St \$14</p>
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TUESDAY...Cont

9	<p>FAMILY HISTORY <u>Presenter: Marianne Faull</u></p> <p>Genealogy? Family History? What's the difference?</p> <p>A genealogist builds charts and lists of names, dates and events. A family historian has the same names, events and dates linked together in family groups but the difference is in the detail. This course teaches the basics: directing research, using available resources and coaxing the information from reluctant family members.</p>	<p>Sessions: 2</p> <p>Date: 13 & 27/02</p> <p>Time: 10:00-12:00</p> <p>Venue: Greenwell Pt Rd PYREE</p> <p>Cost: \$11</p>
10	<p>DAIRYING - THEN and NOW <u>Presenter: Kevin Potts</u></p> <p>Kevin Potts graduated Hawkesbury Ag College, HDD. He joined the Department of Agriculture, spending 32 years as a dairy farm advisor, product advisor and administering the regulatory arm of the dairy industry. In 1987, he joined the NSW Dairy Corporation as Regional Director, South. This talk reviews the dairy industry before and after deregulation in 2000. It touches on dairy products and control, particularly quality control and judging dairy products.</p>	<p>Session: 1</p> <p>Date: 13/02</p> <p>Time: 1:00-3:00</p> <p>Venue: Berry St</p> <p>Cost: \$8</p>
11	<p>GERMAN INTRODUCTION <u>Facilitator: Anna Holt</u> FORMER AND CONTINUING STUDENTS WELCOME!</p> <p>Anna, an experienced and qualified former language teacher, is assisting members to achieve a competent conversational level in the German language. The course, commenced in Term 1 2017, is conducted in an informal and relaxed atmosphere with homework necessary.</p>	<p>Sessions: 7</p> <p>Dates: 13, 20, 27/02; 6, 20, 27/03; & 3/04</p> <p>Time: 1:00-3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$26</p>
12	<p>FRENCH, ADVANCED <u>Tutor: Carmel Smallwood</u> Bonjour! Comment allez-vous? Très bien? Bon! Et votre français? Un peu rouillé?</p> <p>Alors, join the advanced French class. What do we do? Conversations in the target language, listening, reading, writing and regular grammar. It is fun and much progress is made! Some light homework is required.</p>	<p>Sessions: 8</p> <p>Dates: 13, 20, 27/02; 6, 20, 27/03; & 3/04</p> <p>Time: 4:15 – 5:15</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$29</p>
13	<p>STAYING STRONG <u>Rhonda Tietzel</u></p> <p>This four week course teaches how to maintain strength and wellness as you advance in age. Learn the principles of Pilates and simple techniques to put into practice in daily life. This course is progressive, so it is essential to attend all sessions.</p>	<p>Sessions: 4</p> <p>Dates: 13, 20, 27/02; 6/03</p> <p>Time: 10:00-12:00</p> <p>Venue: Berry St</p> <p>Cost: \$17</p>

TUESDAY Cont

14	<p style="text-align: center;">MANLY TO SHELLY BEACH WALK <u>Leader: Mollie Robinson</u></p> <p>Travel to Manly by ferry, enjoy a coffee on the famous Corso, then begin the beautiful short (1.3km) ocean walk to Shelly beach. Enjoy a light lunch (own cost) at the Sandbar Cafe and, afterwards, take a walk in Sydney Harbour NP for scenic views of the Northern Beaches.</p>	<p>Session: 1</p> <p>Date: 20/03</p> <p>Time: 6:43 am Train from Bomaderry Sydney</p> <p>Venue: Sydney</p> <p>Cost: \$8</p>	
15	<p style="text-align: center;">FORENSICS <u>Presenter: Juan Alvarez</u></p> <p>During 2018, Juan will run 2 sessions each term presenting a variety of aspects of forensics including: document forgery, taser guns, toxicology, fire, arson, trace evidence, voice prints, interrogation, bite marks, poroscopy, body odour I/D, body language, facial recognition, psychological profiling, traces of fibres, soil, hair, glass, paint, serology, expert witness (Voir Dire), ballistics and entomology.</p>	<p>Sessions: 2</p> <p>Dates: 13 & 27/03</p> <p>Time: 10:00-12:00</p> <p>Venue: Berry St</p> <p>Cost: \$11</p>	
16	<p style="text-align: center;">EUROPEAN INVASION <u>Presenter: Ray Moffat</u> GOTHS, HUNS and VANDALS</p> <p>These were the peoples who terrorised and plundered Europe during this period. From the fall of Rome, due to the depredations of the Goths and Vandals, until the crowning of Charlemagne in 800AD, Europe was embroiled in violent and turbulent times. The various tribes and cultures produced an age of precarious existence for both nobility and peasant alike.</p>	<p>Sessions: 3</p> <p>Dates: 6, 20/03; 3/04</p> <p>Time: 10:00 - 12:00</p> <p>Venue: Berry St</p> <p>Cost: \$14</p>	
17	<p style="text-align: center;">YOUR ELECTRICITY BILL <u>Presenter: Ivan Goozeff</u> Maximum 12 Members</p> <p style="text-align: center;">MAKE CENTS OF YOUR ELECTRICITY ACCOUNT</p> <p>With a lengthy history in the electricity industry, Ivan is well placed to outline the 'right' tariff for you, examine discounts, 'solar boosting' and who 'paid' for the electricity system. Bring your latest account along so Ivan can assist you to fully understand how it is made up and suggest possible strategies to effect economies in your power costs.</p>	<p>Session: 1</p> <p>Date: 20/02</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$8</p> <p>NOTE:</p>	<p>This workshop also on THU 1 March</p>

WEDNESDAY

18	<p>CROQUET <u>Instructors: John and Anne Wood</u> <u>Maximum 8 Players</u></p> <p>Try something new! Take up a mallet and learn the challenging and exciting game of croquet at the West Street Croquet Club (at Nowra Showground). With experienced players on hand for the three-and-a-half-hour sessions, you will be competent in no time. All equipment supplied.</p> <p style="text-align: center;">Please wear flat-soled shoes and shorts or slacks. Croquet Club Instruction Fee: \$10 per player per lesson (pay club)</p>	<p>Sessions: 5</p> <p>Dates: 7, 14, 21, 28/03; 4/04</p> <p>Time: 9:00-12:30</p> <p>Venue: Nowra Showground</p> <p>Cost: \$8 U3A only SEE LEFT</p>
19	<p>TAI CHI FOR ARTHRITIS <u>Instructor: Neil Fox</u></p> <p>Arthritis can make exercise painful. This form of gentle and calming Tai Chi can help strengthen joints and muscles.</p> <p style="text-align: center;">** At the Community Centre, Hood Close, off Page Ave. (behind North Nowra shopping centre)</p> <p style="text-align: center;">Introductory session – continue as agreed with instructor.</p>	<p>Session: 1</p> <p>Date: 21/02</p> <p>Time: 9:30am</p> <p>Venue: **(See Left)</p> <p>Cost: \$8</p>
20	<p style="text-align: center;">STREET AND PLACE NAMES OF VINCENTIA <u>Presenter Lloyd Pitcher</u></p> <p>This presentation continues to explore the unique street and place names of Vincentia. Many were named by realtor Henry Ferdinand Halloran after British ships and ships' captains involved in the Battle of Cape St Vincent on Valentine's Day, 14 February 1797. Today we will examine Blenheim Beach and Reserve, Britannia Avenue, Colloden Avenue, Diadem Avenue, Foley Street, Frederick Street, Murray Street, Namur Street, Troubridge Drive and Whitshed Place.</p> <p style="text-align: center;">Who and what do these street and place names recall?</p>	<p>Session: 1</p> <p>Date: 28/02</p> <p>Time: 10:00-12:00</p> <p>Venue: Jervis Bay Maritime Museum Woollamia Rd & Dent St HUSKISSON</p> <p>Cost: \$8</p>
21	<p>SCIENCE <u>Presenter: Graeme Warnock</u></p> <p>This course with its popular and enthusiastic presenter, answers all... well most, of your scientific queries.</p> <p>Graeme unravels the intricacies of the scientific world in a clear and lucid manner on the assumption there are no stupid questions and there are logical answers to most questions.</p>	<p>Sessions: 4</p> <p>Dates: 21/02; 7, 21/03; & 4/04</p> <p>Time: 10:00 –12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$17</p>
22	<p>PHILOSOPHY / ETHICS <u>Co-ordinator: Allan Moore</u> <u>Maximum 15 Members</u></p> <p>'Philo-sophy' means 'loving-wisdom'. It is how we develop personal and collective wisdom. Ethics is how we apply loving wisdom for the greater good. The following are some suggestions for discussion: What is life - love, meaning and purpose - legacy and contribution - relationships, life matters and responsibility.</p> <p>Participation is encouraged, as all have intrinsic wisdom to share.</p>	<p>Sessions: 4</p> <p>Dates: 14, 28/02; & 14, 28/03</p> <p>Time: 10:00-12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$17</p>

WEDNESDAY Cont

23	<p>KEEPING THE MARBLES ROLLING <u>Leader: Joy Warton</u> <u>Maximum 12 Members</u></p> <p>This program is designed specifically for U3A members. It develops mental agility through games and exercises that use the main functions of brain activity – verbal, numerical, spatial recognition, logical thinking, short and long term memory, creativity and lateral thinking.</p> <p>Tasks are completed individually in a friendly environment without the pressure of competition.</p> <p>Bring paper, pencil and eraser. Come prepared to have fun!!</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>8</p> <p>14, 21, 28/02; 7, 14, 21, 28/03; 4/04</p> <p>1:00 – 3:00</p> <p>Berry St</p> <p>\$39</p>
24	<p>LAWN BOWLS <u>Instructor: Charlie Francis</u></p> <p>Whether you have played this great game before and would like to brush up, or have never played, this is a chance to be taught by experienced coach, Charlie Francis on Bomaderry Bowling Club greens. The only requirement is flat-soled shoes (or bare feet).</p> <p style="text-align: center;">** Lesson fee \$5 for non-members of Bomaderry Bowling Club and free for members.</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>6</p> <p>21, 28/02; 7, 14, 21, 28/03; 1:00-3:00</p> <p>Bomaderry Bowling Club</p> <p>\$8 to U3A see Note ** left</p>

THURSDAY

25	<p>MEDITATION <u>Facilitator: Janice Lunnon</u></p> <p>Learn many differing practical techniques - silence, listening, breath work, visualisation, mantra chanting in various sacred languages from the major world religions and chakra work.</p> <p>We can try your meditation techniques too if you have some you work with regularly.</p> <p>No experience or belief system necessary - just an open mind and heart.</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>6</p> <p>22/02; 1, 8, 15, 22, 29/03</p> <p>10:00-12:00</p> <p>Berry St</p> <p>\$23</p>
26	<p>NATIONAL PARKS & WILDLIFE - FIRST 30 YEARS <u>Presenter: Geoff Spencer</u></p> <p>Up until 1966, conservation of wild places and wildlife was a largely uncoordinated process. Through pressure from some 50 or so community conservation groups, the Government set up a professional management department to control most nature conservation responsibilities. The result was the National Parks and Wildlife Service. We will track the first 30 years through the eyes of a foundation member of the Service.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>5/04</p> <p>10:00 – 12:00</p> <p>Berry St</p> <p>\$8</p>

THURSDAY Cont

27	<p>TRAVELS IN TURKEY <u>Presenter Patrick De Gabriele</u></p> <p>Sitting between Europe and Asia, and the historic centre of three empires, Turkey has long been powerfully attractive to the traveller. The Romans, the Byzantines and the Ottomans left a wonderful artistic heritage. Its varied landscapes has drawn visitors for centuries. This illustrated talk looks at the splendid city of Istanbul, the impressive remains of Troy and Ephesus, the holy city of Konya, the lush Aegean coast and the eerie eroded semi-desert region of Cappadocia.</p> <p>Now that the political unrest in Turkey is well and truly over, Patrick De Gabriele plans to lead a tour there in October. Naturally, members who have no intention of travelling are also very welcome to come to this armchair travelogue.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>15/2</p> <p>10:00 –12:00</p> <p>48 Berry St</p> <p>NIL</p>
28	<p>SCOTTISH COUNTRY DANCING <u>Contact: Alexander Gardner</u></p> <p>Scottish dancing is a gentle and enjoyable activity which does NOT require that you - be of Scots descent, own a kilt (or sword) or have an accent!</p> <p>Attend at Nowra on Tuesday evening (7-8:30pm) at St Andrews Church Hall, 5 Kinghorne Street or on Thursday afternoon at the Senior Citizens Centre, Berry St.</p> <p>There is no charge for the continuing weekly sessions but wear flat, flexible soled shoes and casual clothes.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1, then wkly</p> <p>15/02</p> <p>2:00-4:00</p> <p>Snr Citizens Centre, 48 Berry St</p> <p>\$8</p>
29	<p>SCOTLAND <u>Presenter: John Davis</u></p> <p>Last year, I took you walking the “Camino” in Spain. We also visited London, Kew Gardens and National Trust Gardens in the South of England. Now to finish off my travels of 2016, I have done several small presentations of my trip to the North of England. The main area will be Scotland, Isle of Skye and the Outer Hebrides, plus a boat trip to the Small Isles. Also some photos of York and the Lake District. Bonnie Scotland is a wild country, but beautiful. Come and enjoy some armchair travelling. Relax and enjoy. Hobbit John.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>5/04</p> <p>10:00-12:00</p> <p>48 Berry St</p> <p>\$8</p>
30	<p>LET’S DO LUNCH <u>Organiser: Sue Reeves</u></p> <p>The Lunch Club enjoys social interaction at a variety of local dining venues. Fortnightly and through the school holidays. Lunch is at your own cost. Guests are invited occasionally.</p> <p>Venues will be advised by email.</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Cost:</p>	<p>6</p> <p>8, 22/02; 8, 22/03; 5, & 19/04</p> <p>12:00 for 12:30</p> <p>\$15 for year.</p>

THURSDAY Cont

31	<p>YOUR ELECTRICITY BILL <u>Presenter: Ivan Goozeff</u> <u>Maximum 12 Members</u></p> <p>MAKE CENTS OF YOUR ELECTRICITY ACCOUNT</p> <p>With a lengthy history in the electricity industry, Ivan is well placed to outline the 'right' tariff for you, examine discounts, 'solar boosting' and who 'paid' for the electricity system. Bring your latest account along so Ivan can assist you to fully understand how it is made up and suggest possible strategies to effect economies in your power costs.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p> <p>NOTE:</p>	<p>1</p> <p>1/03</p> <p>10:00 - 12:00</p> <p>48 Berry St</p> <p>\$8</p> <p>This workshop also on TUE 20 Feb</p>
32	<p>PARKINSON'S CONDITION <u>Presenter: Nina Cheyne</u></p> <p>Nina, a neurological nurse working in the Shoalhaven, will cover the following aspects related to her support work with sufferers of this condition:</p> <ul style="list-style-type: none"> * A brief look at the brain to understand the Pathophysiology theories related to Parkinson's * The Motor and Non Motor symptoms of Parkinson's * Prodromal or early signs of Parkinson's * Treatment of Parkinson's * Services and multidisciplinary support in managing Parkinson's * Carer stress and respite 	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>8/03</p> <p>10:00-12:00</p> <p>48 Berry St</p> <p>\$8</p>
33	<p>PETANQUE <u>Presenter: Albert Forgan</u></p> <p>Boost your Vitamin D and enjoy the healthy, gentle exercise of learning this fun game, played with 3 metal boules and a wooden jack. Feel the pleasure as you acquire the skills of this historic game. It originated in France and is for singles, doubles or triples. Bring your own boules set if you have one, but it is not essential.</p>	<p>Session:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>1/03</p> <p>10:00 - 12:00</p> <p>410 Comerong Rd NUMBAA</p> <p>\$8</p>
34	<p>JOHN'S MOVIES: <u>Host John Green</u></p> <p>Now for the usual mixed bag of quality films. Bring your lunch or cake to eat during the show.</p> <p>Complimentary lollies to sweeten the experience so...</p> <p>Don't miss out!!!</p>	<p>Sessions:</p> <p>Cost:</p> <p>Venue:</p>	<p>6</p> <p>\$14 for term</p> <p>5/48 Berry St</p>
	<p><u>IN A LONELY PLACE</u> 1950 91m</p> <p>Director Nicholas Ray. Humphrey Bogart, Gloria Grahame. Unusual, powerful drama set in Hollywood. Bogart is excellent as a driven, self-destructive character while Grahame is impressive caught up in the turbulence.</p>	<p>Date:</p> <p>Time:</p>	<p>15/02</p> <p>1:00-3:00</p>
	<p><u>THE WITCHES OF EASTWICK</u> 1987 118m</p> <p>Director George Miller. Jack Nicholson, Cher, Susan Sarandon, Michelle Pfeiffer. A superior comedy, witty, black, full of fine performances. Nicholson is truly wicked.</p>	<p>Date:</p> <p>Time:</p>	<p>22/02</p> <p>1:00-3:00</p>

THURSDAY Cont
JOHN'S MOVIES Cont

<u>THE THIRD MAN</u> 1949 104m		
Director Carol Reed. Orson Welles, Joseph Cotten, Alida Valli, Trevor Howard plus a solid cast. An intriguing film set in post-war Vienna. A great cast, a Grahame Greene story and strong direction created a classic.	Date:	1/03
	Time:	1:00-3:00
<u>FRANKIE AND JOHNNY</u> 1991 118m		
Director Gary Marshall. Al Pacino, Michelle Pfeiffer. A beautifully acted tale of love and loneliness. Just sit back and enjoy.	Date:	8/03
	Time:	1:00-3:00
<u>LEAP OF FAITH</u> 1992 108m		
Director Richard Pearce. Steve Martin, Debra Winger. Martin and Winger work well together in this tale of gullibility and cynical activities.	Date:	15/03
	Time:	1:00-3:00
<u>CITY LIGHTS</u> 1931 86m		
Director Charles Chaplin. Charles Chaplin, Virginia Cherrill. Another beautifully acted story of love and loneliness - but with the Chaplin touch. A silent made in the time of sound. One of the most poignant endings ever filmed.	Date:	22/03
	Time:	1:00-3:00

FRIDAY

35	<u>INTERMEDIATE FRENCH</u> <u>Facilitator: Alan Madge</u>	Sessions:	7
	<u>MAXIMUM 12 MEMBERS</u>	Dates:	16, 23/02; 2, 9, 16, 23/03; 6/04
	This is a study group with limited size capacity, which has now progressed to around year 10 high school standard.	Time:	1:00 - 3:30
	The first hour of each session develops practical language skills using conversation, songs, and U-tube.	Venue:	4/48 Berry St
	After a 30 minute break, the second hour covers study of french structure and grammar using intermediate high school texts, and 'des contes francais'.	Cost	\$26
	Homework is an essential element of this course!		

FRIDAY Cont

36	<p style="text-align: center;"><u>VINCENT CINCOTTA ON OPERA</u> THE BEL CANTO PERIOD OF ITALIAN OPERA L'Elisir d'Amore by Gaetano Donizetti (1797-1848)</p> <p>In opera, Bel Canto refers to the early 1800s, the beginning of Romanticism, when a new aesthetic in libretto and music was introduced by, among others, Bellini, Rossini and Donizetti. It features long, sustained vocal lines showing the beauty of the voice in a series of exquisite melodies embellished by vocal coloratura techniques.</p> <p>L'Elisir d'Amore, the unfolding of a love story, is considered one of the best examples of Bel Canto opera.</p> <p>Dr Vincent Cincotta presents an introduction and an English subtitled DVD opera performance recorded at the 1967 Maggio Musicale Fiorentino with Renata Scotto, Carlo Bergonzi and Guiseppi Taddei.</p> <p style="text-align: center;">Prepare to be enchanted!</p>	Sessions:	2
37	<p>FOSSILS FROM STONE <u>Presenter: Ross Cooper</u></p> <p>Working on stone of varying degrees of hardness, Ross, an amazing technician, brings to light ancient fossils of exquisite composition and delicateness.</p> <p>His painstaking and detailed work virtually breathes life into often extinct creatures, releasing them from their gaols of seemingly impenetrable and insignificant rock.</p> <p>Ross will show samples of his work and give an insight into this fascinating and important activity, which provides vital information on the early life forms of our planet.</p>	Sessions:	1
38	<p style="text-align: center;">ART AND THE CREATIVE EXPERIENCE</p> <p><u>Tutor: Imelda Daniels</u> <u>Maximum: 12 Members</u></p> <p>The concept of 'creativity' is an intriguing subject. Right brain versus left brain, creativity versus logic - much like the ancient Greek philosophers, Plato and Aristotle, who had opposing views on the topic of art and the notion of creativity.</p> <p>Shifting from left brain mode to right brain, not always easy, can be intriguing, enlightening and rewarding. Using portions of both sides of our brain can assist discovery of hidden creativity - a very satisfying and therapeutic experience.</p> <p>Term 1 will provide a general introduction to the concept of art - appreciation as well as history. There will be an exercise using the ancient medium of chalk and the subject is goldfish.</p> <p>A list of items, needed for the course, will be available on enrolment.</p>	Sessions:	7
		Dates:	9 & 23/03;
		Time:	1:00 -3:00
		Venue:	Berry St
		Cost:	\$11
		Date:	23/02
		Time:	1:00 - 3:00
		Venue:	Berry St
		Cost:	\$8
		Dates:	16, 23/02; 2, 9 16, 23/03 & 6/04
		Time:	9:30 – 11:30
		Venue:	5/48 Berry St Nowra
		Cost:	\$26

FRIDAY Cont

39	<p>HISTORY <u>Presenter: Lloyd Pitcher</u></p> <p style="text-align: center;"><u>AUSTRALIAN THEMES</u></p> <p style="text-align: center;">RICHARD BROOKS</p> <p>Between 1801 and 1814, Captain Richard Brooks made six voyages from Britain to Australia. In 1801-1802 he was captain of the infamous convict ship <i>Atlas</i>, on which one-third of the convicts died because they were compacted to allow room for his personal substantial shipment of spirits which he intended to sell in Sydney. In 1806 he captained the convict ship <i>Alexander</i>. During the rum Rebellion, his ship <i>Rose</i> was impounded. He later wrecked the <i>Rose</i> in the Falkland Islands and made an epic small boat journey to Buenos Aires on the mainland of South America. Under Governor Macquarie in New South Wales, Brooks became a magistrate and a leading merchant. He made his fortune as a trader in rum and as a convict shipping contractor. With significant land grants and cheap convict labour, Brooks also established the colony's first cattle empire at Denham Court Farm, Minto. The growing demand for wool and cattle served to further increase his wealth.</p>	<p>Sessions: 4</p> <p>Cost: \$17</p> <p>Venue: CWA HALL Berry St</p> <p>Date: 16/02</p> <p>Time: 10:00-12:00</p>	
	<p style="text-align: center;">HAMILTON HUME (1797-1873)</p> <p>Hamilton Hume was a significant explorer of early Australia. Born a 'currency lad' near Parramatta NSW, his family received a land grant at Appin. From the age of 12, he began exploring, first on day trips and later, 3 or 4 days a week. He explored Bong Bong, Berrima, Mittagong, Five Islands (Illawarra) and the county of Argyle (Goulburn). Hume travelled to Jervis Bay with explorer John Oxley and surveyor James Meehan. In 1824, Hume and William Hovell led an expedition from Lake Bathurst (Goulburn) to Geelong on Corio Bay in Victoria. They crossed the flooded Murrumbidgee River and discovered the Murray River. Hume was an essential member of John Oxley's 1827 expedition into western NSW. In his later years, Hume lived at his Yass property <i>Cooma Cottage</i>. In his 2016 book, author Robert Macklin described Hamilton Hume as 'our greatest explorer.'</p>	<p>Date: 2/03</p> <p>Time: 10:00-12:00</p>	

FRIDAY Cont
HISTORY Cont

	<p style="text-align: center;">LASSETER'S LOST REEF (1880-1931)</p> <p>Several stories exist of an Australian El Dorado, an immense reef of gold in Central Australia. Perhaps the greatest of these is the story of Lewis Harold Lasseter, who claimed to have found in 1897 a gold reef 15 miles long and 7 miles wide on the western edge of the MacDonnell Ranges. In 1930, a well-funded expedition was mounted to find the reef. Lasseter was the guide. The expedition was abandoned when the leader dismissed Lasseter as a charlatan. Lasseter then accompanied a 'dogger' to look for the reef. They ended up fighting and parted ways. Lasseter took two camels to carry his food and water but they bolted into the desert. Lasseter was unwell and was cared for by Aborigines for 16 weeks. Lasseter died in the desert on 30 January 1931. Since then there have been many unsuccessful attempts to locate Lasseter's lost gold reef. Its finding would result in fabulous wealth. Does Lasseter's lost gold reef really exist?</p>	<p>Date:</p> <p>Time:</p>	<p style="text-align: center;"><u>PLEASE NOTE</u></p> <p style="text-align: center;"><u>DATE CHANGE</u></p> <p style="text-align: center;"><u>23/03</u></p> <p style="text-align: center;">10:00-12:00</p>
	<p style="text-align: center;">LORD SYDNEY (1733-1800)</p> <p>The Right Honourable Thomas Townshend was the 1st Viscount Sydney of Chislehurst. He was a member of Her Majesty's Most Honourable Privy Council. After the American Revolutionary war, Lord Sydney was English Home Secretary from 10 July 1782 to 2 April 1783 under King George III and Prime Minister the Earl of Shelburne and from 1783-1786 under Prime Minister William Pitt. The importance of Lord Sydney to Australians is that he was responsible for the first settlement of Australia by Europeans. 'Tommy Townshend,' wrote Andrew Tink, 'was full of bumptious ambition and self-confidence.' Thanks to his efforts, Toronto became a Canadian city when he drew the boundary line with America through the Great Lakes. It then became a safe haven for British loyalists and not an 'American' city. With the loss of America as a destination for convicts, Lord Sydney recommended Botany Bay for felons and instructed the British Treasury to immediately make provision for the First Fleet of 1787. Named after him are Sydney, Nova Scotia, (1785) and Sydney, New South Wales (1788).</p>	<p>Date:</p> <p>Time:</p>	<p style="text-align: center;">6/04</p> <p style="text-align: center;">10:00-12:00</p>
40	<p style="text-align: center;">GARDEN LOVERS' TOURS COLOURS OF VICTORIA and NSW Presenters: <u>Lloyd Pitcher and Denis Simond</u></p> <p>This presentation outlines five small group short stay tours, visiting significant gardens from Ballarat and Bright to Wagga Wagga and Crookwell, offered throughout this year by Travel U3A (an independently owned company).</p>	<p>Sessions:</p> <p>Date:</p> <p>Time:</p> <p>Venue</p> <p>Cost</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">16/02</p> <p style="text-align: center;">1:00 – 3:00</p> <p style="text-align: center;">48 Berry St</p> <p style="text-align: center;">NIL</p>

FRIDAY Cont

41	<p>UNITED IN VOICE Leader: Sue Hammond-Warne</p> <p>Do you like to sing, but you are not confident enough to be a solo performer? Lift your spirits, your voice and enjoy the company and support of like-minded people in the Shoalhaven Community Choir who practise every Friday morning at the Bomaderry Uniting Church. Members pay a \$10 joining fee and \$5 per week. Songbook provided.</p>	<p>Sessions: 7</p> <p>Dates: 16, 23/02: 2, 9, 16, 23/03; 6/04 10:00 – 12:00</p> <p>Time: 23 Bunberra St</p> <p>Venue: Bomaderry</p> <p>Cost: \$8</p>	
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SATURDAY

42	<p>HINDU TEMPLE and LUNCH Leader: <u>Tony Watkin</u></p> <p>An internet search reveals around 330 million Goddesses and Gods in the Hindu religion. We will see some of them on this day trip to the Sri Venkateswara Hindu Temple. We may see a 'Lassie' ceremony for one of the deities and, possibly, a wedding. See the colourful and beautiful fashions worn by the devotees. Lunch on delicious South Indian meals at the temple canteen around 11.30am, to beat queues. \$15 will get you plenty to eat.</p>	<p>Date: 24/02</p> <p>Time: 8:32am train from Bomaderry</p> <p>Venue: HELENSBURGH</p> <p>Cost: \$8</p>	
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COURSE ENROLMENT FORM

Please return this form to: U3A SHOALHAVEN Third Age of Learning Inc.:

Name (Mr/Mrs/Ms).....

Address.....

Phone.....Postcode.....Email – (Important. Please **print clearly** below)

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JOINING FEE (New Members Only) \$1.....plus ANNUAL MEMBERSHIP FEE \$10
 Please enrol me in the following courses/activities (add fees as listed in the newsletter)
 If space insufficient use another form



IMPORTANT

Course No	Course Name	Fee
Paid your annual membership fee of \$10? If not enter it here >>>		

Sub Total	
Less Credit	
Total (Including \$1 joining if new)	

What classes would you like to see?	
What classes can you run yourself?	
Can you help out in the office occasionally?	

Please post completed form to

U3A SHOALHAVEN Third Age of Learning Inc.
 (by mail) 5/48 Berry St. Nowra 2541 or in person to the office during enrolment hours.

Cheques must be made payable to "U3A Shoalhaven" only.

Early enrolments are strongly advised. Courses are cancelled when numbers are insufficient. If the office is unattended, Forms can be dropped in the letterbox (No 5) at the front door, 48 Berry St Nowra.

PLEASE NOTE: YOU WILL BE ADVISED OF NON -ENROLMENTS ONLY

OFFICE USE ONLY

MEMBERSHIP	COURSES	CASH/CHEQ	RECEIPT	DATE