



5/48 Berry Street Nowra NSW 2541

Tel: (02) 4424 0216

Email: u3ashoalhaven@gmail.com

Website: shoalhaven.u3anet.org.au

Term 2, 2018

Monday May 7 – Friday June 29

Enrolments:

In the office – Thursday and Friday, 26 and 27 April, between 10:30am and 2:30pm.
Alternatively, mail Enrolment, OR leave in the U3A letterbox 5 inside front door of our building.

Office Hours:

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

PRESIDENT'S REPORT

We have made a great start to our 31st year. Term 1 enrolments were greater than ever with more than 70 new members joining. A warm welcome to both our new members and those rejoining..

As we begin Term 2, I am pleased to report a very extensive program with our most popular courses again included. The Term 1 language courses continue. The Monday Marbles course Leader is taking well deserved holiday leave, intending to return for Term 4 so, unless an alternate course Leader can be found, the Wednesday course only will run in the next two terms.

New courses this term include an 8 week Aboriginal Anthropology course, a Technology course, two excursions (one, a day trip to Canberra) and some health related courses.

Please enrol by or on the enrolment days to ensure we can operate the courses and avoid any cancellation of courses.

Course coordinators, Kim and Eric, do a great job and work industriously to seek, plan and operate our program. We owe them our gratitude.

While on the subject of gratitude, I take this opportunity to thank all the volunteers who carry out the many administrative duties for the smooth running of our group and also those who staff our office.

We also owe a successful operation to our presenters. Many run multi-session courses and have offered their skills for some years. U3A Shoalhaven could not be successful without them. Thank you all!

We can always use more volunteers and presenters, so please talk to a committee member if you can be actively involved.

Finally, on behalf of our members, I offer Bob Hayward our most heartfelt thanks for his sterling contribution to the growth and continuing success of our U3A. He felt compelled to accept a lead role in a very important community project, reluctantly resigning as our treasurer. Bob has been President, Treasurer, a presenter and a staunch committee member for a number of years. Bob's presence will be sorely missed. We wish him well and, again, say "Thank you Bob!"

Keep learning for sheer enjoyment!

Denis Simond

2017 Management Committee

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

SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU

A single session? A series?...enrol early, as some have maximum numbers!

CREATIVE ARTS

POTTERING with PENCILS, PAINT and PAPER	MONDAY	NOWRA
MOSAICS	MONDAY	HUSKISSON
ART WITH CREATIVITY	FRIDAY	NOWRA
PHOTOBOOKS	FRIDAY	NOWRA

CURRENT AFFAIRS, PHILOSOPHY, FINANCE

HOT TOPICS	MONDAY	NOWRA and BERRY
PHILOSOPHY / ETHICS	WEDNESDAY	NOWRA
ONLINE INVESTING IN SHARES	THURSDAY	NOWRA

ENTERTAINMENT, EXCURSIONS, TRAVEL

TRAVELS IN EGYPT	MONDAY	NOWRA
LUCY OSBURN NIGHTINGALE MUSEUM	TUESDAY	SYDNEY
HERITAGE TOURS	TUESDAY	NOWRA
CARTIER – THE COLLECTION	TUESDAY	CANBERRA
DIANNE’S MOVIE CLUB	THURSDAY	NOWRA
LET’S DO LUNCH	THURSDAY	SHOALHAVEN
OPERA –‘LUCIA DI LAMMERMOOR’	FRIDAY	NOWRA

HEALTH, SPORT

TENPIN BOWLING	MONDAY	NOWRA
STAYING STRONG	TUESDAY	NOWRA
KEEPING THE MARBLES ROLLING	WEDNESDAY	NOWRA
NEXT STEPS FOR SENIORS	WEDNESDAY	NOWRA
CROQUET	WEDNESDAY	NOWRA
TAI-CHI	WEDNESDAY	NOWRA
LAWN BOWLS	WEDNESDAY	BOMADERRY
MEDICAL SERVICES FOR SENIORS	WEDNESDAY	NOWRA
MEDITATION	THURSDAY	NOWRA
PETANQUE	THURSDAY	NUMBAA
GOLF CROQUET	FRIDAY	BOMADERRY

HISTORY, CULTURE

ITALIAN FOR BEGINNERS	MONDAY	NOWRA
FRENCH ADVANCED	TUESDAY	NOWRA
GERMAN INTERMEDIATE	TUESDAY	NOWRA
CHARLEMAGNE, KING OF THE FRANKS	TUESDAY	NOWRA
STREET AND PLACE NAMES OF VINCENTIA	WEDNESDAY	HUSKISSON
ABORIGINAL ANTHROPOLOGY	THURSDAY	NOWRA
SCOTTISH COUNTRY DANCING	THURSDAY	NOWRA
HISTORY - IRELAND 10 000 BC to 1983	FRIDAY	NOWRA
FRENCH INTERMEDIATE	FRIDAY	NOWRA
ARCHAEOLOGY	FRIDAY	NOWRA

NATURE, SCIENCE, TECHNOLOGY

TECHNOLOGY WORKSHOP	MON & WED	NOWRA
TECHNOLOGY HOW	TUESDAY	NOWRA LIBRARY
FORENSICS	TUESDAY	NOWRA
FORENSICS BIOMETRICS	TUESDAY	NOWRA
SCIENCE	WEDNESDAY	NOWRA
MANILDRA, MANUFACTURING LOCALLY	WEDNESDAY	NOWRA

TERM 2 PROGRAM 2018

MONDAY

43	<p>POTTERING with PENCIL, PAINT and PAPER <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. You are welcome to join us if this sounds suitable to you.</p>	Sessions: 8 Dates: 7,14,21,28/0; 4,11,18,25/06 Time: 9:30 - 11:30 Venue: 5/48 Berry St Cost: \$29
44	<p>MOSAICS at Lady Denman Maritime Museum Huskisson <u>Leaders: Lulu Davies, Raneen Hanlen, Val Tinsley</u> Maximum 18 Members</p> <p>Have you ever wanted to learn Mosaics? Lulu, Raneen 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>	Sessions: 8 Dates: 7,14,21,28/05; 4,11,18,25/06 Time: 10:00 - 1:00 Venue: Woollamia Rd HUSKISSON Cost: \$29
45	<p>TRAVELS IN EGYPT <u>Presenter: Patrick De Gabriele</u></p> <p>Egypt has exerted a powerful attraction for the traveller over the centuries, and this illustrated travelogue will look at the reasons this is so. We'll visit the magnificent antiquities of the Pyramids and Sphinx, the majestic River Nile, the incomparable temple complex of Karnak, the Valley of the Kings, the teeming medieval city of Cairo and some ancient Christian communities.</p> <p>Now that the political situation has settled down and tourists are back in numbers, Patrick De Gabriele plans to lead a tour there in early 2019. members who may have no intention of travelling are very welcome to attend.</p>	Session: 1 Date: 25/06 Time: 1:00 - 3:00 Venue: 5/48 Berry St Cost: Nil
46	<p>HOT TOPICS <u>Facilitator: Eric Courtney</u></p> <p>Get a better understanding of topical events through discussion of the viewpoints and knowledge of peer members, all of whom stand equal in the group regardless of background, education and or experience.</p> <p style="text-align: center;">New members very welcome. **NOTE: 2 sessions in May at Nowra U3A rooms and 2 sessions in June at BERRY CWA Hall</p> <p style="text-align: center;">Two Sessions \$11 Four Sessions \$17</p>	Sessions: 4 Dates: 14& 28/05; Venue: 48 Berry St Nowra. Time: 1:00 – 3:00 Dates: 11 & 25/06 Venue: 79 Victoria St Berry CWA Hall Time: 1:00 – 3:00 **Cost: **\$11/\$17

MONDAY Cont

47	<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 play for the exercise and the fun of it!</p> <p>*Single game cost is \$7 including shoe hire, paid by players to the lanes' proprietor on each day.</p>	<p>Sessions: 8</p> <p>Dates: 7,14,21,28/05; 4,11,18,25/06</p> <p>Time: 10:00 - 11:30</p> <p>Venue: Shoalhaven City Lanes Narang Rd Nowra</p> <p>*Cost: \$8 to U3A</p>
48	<p>BENVENUTI IN ITALIANA PER PRINCIPIANTI <u>Facilitator: Alan Madge</u></p> <p>Welcome to Italian for Beginners!</p> <p>Want to learn Italian and have some basic Italian skills? Join this mutual study group using the text <i>Italian for Dummies</i> and the online <i>MANGO</i> language teacher. You need to obtain the 2nd Edition of the text.</p>	<p>Sessions: 7</p> <p>Dates: 7,14,21,28/05; & 4,18,25/06</p> <p>Time: 10:00 – 12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$26</p>
49	<p>TECHNOLOGY WORKSHOP <u>Co-ordinator: Eric Courtney</u></p> <p>Frustrated by lack of confidence in or knowledge of Smartphones, tablets or computers? Bring your portable device along to this workshop and discuss problem/s with other users so the shared experience may provide solutions. Experienced users especially invited to come and offer assistance.</p>	<p>Sessions: 2</p> <p>Dates: MON 7/05 & WED 23/05</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$11</p>

TUESDAY

50	<p>TECHNOLOGY – HOW <u>Shoalhaven Library</u></p> <p>Need help with your Smartphone, Ipad or computer? Senior students from Nowra High School share their expertise with those seeking to begin or expand their knowledge of modern technology. Quite a few members have found these sessions very helpful and frustration reducing! Register your interest. No charge, attend as often as you need.</p>	<p>Sessions: 8</p> <p>Dates: 8,15,22,29/05; 5,12,19,26/06</p> <p>Time: 12.00 – 1.00</p> <p>Venue: Nowra Library Berry St</p> <p>Cost: NIL</p>
51	<p>CHARLEMAGNE, KING OF THE FRANKS <u>Presenter: Ray Moffat</u></p> <p>Charles the Great was known as ‘King of the Franks’. As a result of a power struggle, the Franks overcame the Merovingians to control much of modern day France and parts of Southern Germany.</p> <p>The Merovingians saw their kingdom as personal property to be exploited, while the Carolingians saw themselves chosen by God to protect their subjects. Charlemagne was to reach the zenith of that powerful realm. This was modern day France in its infancy.</p>	<p>Sessions: 2</p> <p>Dates: 5,12/06</p> <p>Time: 10:00 – 12:00</p> <p>Venue: Berry St Nowra</p> <p>Cost: \$11</p>

TUESDAY Cont

52	<p align="center">HERITAGE TOURS <u>Presenters: 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, to be run during this year by Travel U3A, an independently operated company.</p>	<p>Session: 1</p> <p>Date: 8/05 Time: 1:00 - 3:00 Venue: 4/48 Berry St Cost: NIL</p>
53	<p align="center">CARTIER: THE COLLECTION DAY EXCURSION: NATIONAL GALLERY CANBERRA <u>Lead by: Lloyd Pitcher and Denis Simond</u></p> <p>This Exhibition showcases more than 300 spectacular items, with loans from royal families, celebrities and the Cartier Collection itself, in exquisite settings such as royal tiaras, necklaces, brooches and earrings. The excursion requires a minimum of 8 members and no more than 10, with transport by mini coach to and from Canberra. View other fee-less exhibitions and buy lunch from gallery cafe or take a picnic. More detail available at Heritage Tours presentation (above).</p>	<p>Sessions: 1</p> <p>Date: 4/07 Time: 8:00am-8:00pm Venue: Canberra Cost: \$85 (Includes Exhibit entry)</p>
54	<p>GERMAN, INTERMEDIATE <u>Facilitator: Anna Holt</u> FORMER AND CONTINUING STUDENTS WELCOME!</p> <p>Anna is an experienced and qualified language teacher who is assisting members to achieve a competent conversational level in the German language. The course, started in Term 1 2017, is conducted in an informal and relaxed atmosphere with homework necessary.</p>	<p>Sessions: 7</p> <p>Dates: 8,15,22,29/05; 12,19 & 26/06</p> <p>Time: 1:00 - 3:00 Venue: 5/48 Berry St Cost: \$26</p>
55	<p>FRENCH, ADVANCED <u>Tutor: Carmel Smallwood</u></p> <p align="center">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: 8,15,22,29/05; 5,12,19&26/06</p> <p>Time: <u>4:15 – 5:15</u> Venue: 5/48 Berry St Cost: \$29</p>
56	<p>STAYING STRONG <u>Leader: 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, it is essential to attend all sessions.</p>	<p>Sessions: 4</p> <p>Dates: 8,15,22,29/05; Time: 11:00 - 12:00 Venue: Berry St Cost: \$17</p>
57	<p align="center">LUCY OSBURN NIGHTINGALE MUSEUM SYDNEY HOSPITAL <u>Leader: Mollie Robinson</u></p> <p>Take a walk back in time. The museum is home to a collection of medical equipment, records, implements and pathology items that portray the history of nursing and medicine in Australia from the arrival of the First Fleet. Lucy Osburn arrived in March 1868 and started the first Nightingale School of Nursing, advocating tirelessly to raise the standards of cleanliness, ventilation and care in the Rum Hospital. The guided tour is of 1.5 hours duration and \$5 is payable on the day.</p>	<p>Session: 1</p> <p>Date: 12/06</p> <p>Time: 6:42 am Train from Bomaderry Sydney</p> <p>Cost: \$8</p>

TUESDAY Cont

58	<p>FORENSICS <u>Presenter: Juan Alvarez</u></p> <p>This year, Juan is running 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: 19 & 26/06</p> <p>Time: 10:00 – 12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$11</p>
59	<p>FORENSICS BIOMETRICS <u>Presenter: Juan Alvarez</u></p> <p>In this session, due to popular demand, Juan presents a review of Biometrics as employed in the investigation of serious crimes. This will be of interest to those who were unable to attend this previously presented topic.</p>	<p>Session: 1</p> <p>Date: 5/06</p> <p>Time: 1:00-3:00</p> <p>Venue: Berry St</p> <p>Cost: \$8</p>
60	<p>TAI CHI FOR ARTHRITIS <u>Instructor: Joanne Fabri</u></p> <p>Arthritis can make exercise painful. This form of gentle and calming Tai Chi is to help strengthen joints and muscles.</p> <p><u>Indicate preferred session time on enrolment form.</u></p> <p>** At the Community Gateway Centre, Corner of Berry and Plunkett Sts Nowra</p> <p>Introductory session – continue as agreed with instructor.</p>	<p>Session: 1</p> <p>Date: 15/05</p> <p>*Time: *11:30 & 1:30</p> <p>**Venue: **(See Left)</p> <p>Cost: \$8</p>

WEDNESDAY

61	<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 Nowra Croquet Club and social club (in the Nowra Showground). We have regular Barbeques and a lot of fun. With experienced players on hand for the three-and-a-half-hour sessions, you will be competent in no time. All equipment is supplied.</p> <p>Please wear shorts or slacks and flat shoes.</p> <p>Croquet Club instruction fee: \$10 per player per lesson (pay to club)</p> <p><u>Tuition fees deducted from club membership on joining.</u></p>	<p>Sessions: 6</p> <p>Dates: 23 & 30/05; 6,13,20,27/06</p> <p>Time: 9:00 - 12:30</p> <p>Venue: Nowra Showground</p> <p>Cost: \$8 U3A only SEE LEFT</p>
62	<p>STREET AND PLACE NAMES OF VICENTIA <u>Presenter: Lloyd Pitcher</u></p> <p>This interesting pot-pourri of street and place names in Vicentia will give a better understand of the town's unique character. Sir Robert Calder (Calder Close), Sir George Grey Grey Place, Ralph Willett Miller (Miller Street), Vice-Admiral Sir Edward James Foote (Niger Street), William Prowse (Prowse Close), Raven Close and Vicentia High School.</p> <p>What events, people and ships do these names represent?</p>	<p>Session: 1</p> <p>Date: 30/05</p> <p>Time: 10:00 - 12:00</p> <p>Venue: Jervis Bay Maritime Museum Woollamia Rd HUSKISSON</p> <p>Cost: \$8</p>

WEDNESDAY Cont

63	<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. 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: 16,30/05; & 13,27/06</p> <p>Time: 10:00 – 12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$17</p>
64	<p>PHILOSOPHY / ETHICS <u>Co-ordinator: Allan Moore</u></p> <p style="text-align: center;"><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. 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: 9,23/05; & 6,20/06</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$17</p>
65	<p>KEEPING THE MARBLES ROLLING <u>Leader: Joy Warton</u></p> <p style="text-align: center;"><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. Tasks are completed individually in a friendly environment without the pressure of competition. Bring paper, pencil and eraser. Come prepared to have fun!!</p>	<p>Sessions: 8</p> <p>Dates: 9,16,23,30/05 6,13,20,27/06</p> <p>Time: 1:00 – 3:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$39</p>
66	<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: 6</p> <p>Dates: 16,23,30/05; 6,13,20/06</p> <p>Time: 1:00 - 3:00</p> <p>Venue: Bomaderry Bowling Club</p> <p>Cost: \$8 to U3A see Note **</p>
67	<p>NEXT STEPS FOR SENIORS <u>Presenter: Mary Heslin</u></p> <p>The presentation is focussed on the natural steps that seniors often take as their life, circumstance and health all change over the years. It is natural to look at downsizing in many areas. Available options explored include: Government support, the best time to downsize, home support, moving to a lifestyle community or a care centre.</p>	<p>Session: 1</p> <p>Date: 16/05</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: \$8</p>

WEDNESDAY Cont

68	<p align="center">MEDICAL SERVICES FOR SENIORS <u>Presenter: Nina Cheyne</u></p> <p>Nina will discuss how to access services across the region to meet health needs. Services include; myagedcare, continence aids program, specialist services, care plans and access to allied health and other support services to assist people to manage in their homes and community. Knowledge of these available services is so valuable! Come and bring your questions!</p>	<p>Sessions: 1</p> <p>Date: 23/05 Time: 10:00 – 12:00 Venue: 48 Berry St Cost: \$8</p>
69	<p align="center">MANILDRA – MANUFACTURING LOCALLY <u>Presenter: Peter Tallent</u></p> <p>Manildra Group is a privately owned company with flour mills in Manildra, Gunnedah, Narrandera and Nowra. The site at Nowra is our major manufacturing facility. This presentation includes: *Milling wheat to produce flour. *Products from the flour, including starch, gluten, glucose syrups, ethanol and stock feeds. *Distribution of these products both domestically and internationally. *Processes in producing these products (along with the chance to smell and taste). *Questions welcome.</p>	<p>Session: 1</p> <p>Date: 23/05</p> <p>Time: 10:00 – 12:00 Venue: 48 Berry St</p> <p>Cost: \$8</p>

THURSDAY

70	<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. We can try your meditation techniques too if you have some you work with regularly. No experience or belief system necessary - just an open mind and heart.</p>	<p>Sessions: 6</p> <p>Dates: 10,17,24,31/05 & 7,14/06</p> <p>Time: 10:00 - 12:00</p> <p>Venue: Berry St</p> <p>Cost: \$23</p>
71	<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: 1</p> <p>Date: 10/05 Time: 10:00 - 12:00</p> <p>Venue: 410 Comerong Rd NUMBAA \$8</p> <p>Cost:</p>
72	<p>ABORIGINAL ANTHROPOLOGY <u>Presenter: Les Bursill OAM</u></p> <p>Utilising the latest available data, this course looks at Aboriginal arrival in and occupation of Australia, then focuses on Aboriginal occupation and activities in NSW particularly in the Illawarra and Shoalhaven areas. It examines family structure, stone tool making, food gathering, fishing, hunting, dreaming stories and finally rock art. There will also be an optional field trip to the Royal National Park to view sacred sites, camp sites and midden sites. **A \$20 per visitor Guide fee applies. Date to be advised during course.</p>	<p>Sessions: 8</p> <p>Dates: 10,17,24,31/05; 7,14,21,28/06 Time: 10:00 – 12:00</p> <p>Venue: 48 Berry St</p> <p>Cost: **\$29</p>

THURSDAY Cont

73	<p align="center">SCOTTISH COUNTRY DANCING <u>Contact: Belinda Bell</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! 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. 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>10/05 2:00 - 4:00 Snr Citizens Centre, Berry St</p> <p>\$8</p>
74	<p>ONLINE INVESTING IN SHARES <u>Presenter: Roger Kinsky</u></p> <p>Control your investment in shares! Eliminate management fees and minimise brokerage fees! Learn how to trade shares online! Set up and manage an online account! Choose the best shares for your investment needs and risk profile. Time your investment for maximum advantage. Get tips discovered during forty years of online share investing. This is an interactive course so that questions and ideas can be raised and discussed.</p>	<p>Sessions:</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>2</p> <p>21 & 28/06</p> <p>10:00 - 12:00 48 Berry St</p> <p>\$11</p>
75	<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 (including school holidays). Lunch is at your own cost. Guests are invited occasionally.</p> <p align="center">Venues will be advised by email.</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Cost:</p>	<p>4</p> <p>17,31/05; 14,28/06</p> <p>12:00 for 12:30</p> <p>\$15 for year.</p>
76	<p>DIANNE'S MOVIE:CLUB <u>Host: Dianne Wurr</u></p> <p>Now for the usual mixed bag of quality films. Bring your lunch or cake to eat during the show. Complimentary lollies to sweeten the experience so...</p> <p align="center">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>THE INTERN 2015 121m</p> <p>American comedy – drama film directed, written and produced by Nancy Meyers. Starring Robert De Niro, Anne Hathaway and Rene Russo. Seventy year old widower Ben Whittaker (Robert De Niro) a retired executive applies to be a senior citizen intern. A mixture of drama, comedy and misunderstandings.</p>	<p>Date:</p> <p>Time:</p>	<p>10/05</p> <p>1:00-3:00</p>
	<p>THE CAT AND THE CANARY 1939 71m</p> <p>An American horror comedy film directed by Elliott Nugent starring Bob Hope and Paulette Goddard. A millionaire who lived in the Louisiana bayou with his mistress, dies. When his will is read at midnight at his mansion, strange things begin to happen.</p>	<p>Date:</p> <p>Time:</p>	<p>17/05</p> <p>1:00 - 3:00</p>

THURSDAY Cont

DIANNE'S MOVIE CLUB Cont				
THE KING'S SPEECH 2010 114m				
A British historical drama directed by Tom Hooper. Colin Firth plays King George VI, who, to cope with a stammer, sees Lionel Logue played by Geoffrey Rush. The Men become good friends as he learns to overcome a stuttering condition.		Date:	24/05	
		Time:	1:00 - 3:00	
CASABLANCA 1942 98m				
Casablanca is an American romantic drama directed by Michael Curtiz. Starring Humphrey Bogart, Ingrid Bergman and Paul Henreid. Casablanca exceeded expectation and went on to win the Academy Award for Best Picture, while Michael Curtiz was selected as Best Director. This film consistently rates near the top of the list of the greatest films in history.		Date:	31/05	
		Time:	1:00 - 3:00	
INHERIT THE WIND 1960 123m				
This film is all about the Monkey Trial that rocked America. Starring Spencer Tracey, Fredric March, Gene Kelly, Dick York, Harry Morgan and Donna Anderson. Fredric March and Spencer Tracey go toe to toe in this thrilling re-creation of the most titanic courtroom battle of the twentieth century.		Date:	7/06	
		Time:	1:00 - 3:00	
DIAL M FOR MURDER 1954 105m				
A conniving husband discovers a hitch in the perfect crime! Dial M for Murder is full of suspense. Alfred Hitchcock, the much emulated director, labored over this subject with his customary precision while demanding the best from the actors as always. Starring Ray Milland and Grace Kelly.		Date:	14/06	
		Time:	1:00 - 3:00	
FRIDAY				
77	INTERMEDIATE FRENCH <u>Facilitator: Alan Madge</u>	Sessions:	7	
<u>Maximum 12 Members</u>		Dates:	11,18,25/05; 1,15,22,29/06	
This is a study group of limited size which has now progressed to around Year 9 high school standard.		Time:	1:00 - 3:30	
The first hour of each session develops practical language skills using conversation, song, and U-tube.		Venue:	5/48 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!				
78	GOLF CROQUET <u>Coach: Margaret Sawers</u>	Sessions:	3	
Come and learn the tactical game of Golf Croquet at the fun club and enjoyed the gentle exercise. Participants should wear flat soled shoes and slacks or shorts.		Dates:	11,18,25/05	
		Time:	1:00 – 3:00	
*Nowra Croquet Club is located Cambewarra Road Bomaderry opposite the Bomaderry Aquatic Centre.		Venue:	*Nowra Croquet Club at Bomaderry	
3 Lessons. (at \$5.00 each paid to the club), will get you started!		Cost:	\$8	

FRIDAY Cont

79	<p style="text-align: center;"><u>VINCENT CINCOTTA ON OPERA</u> <u>THE BEL CANTO PERIOD OF OPERA</u></p> <p style="text-align: center;">Lucia de Lammermore by Gaetano Donizetti</p> <p>a three act opera composed in 1835 with a libretto by Salvatore Cammarano (1801-1852) based on Sir Walter Scott's novel The Bride of Lammermoor of 1819.</p> <p>By the early 1800s, the Baroque and Neo-classical period of Italian opera began to incorporate the new aesthetics of early Romanticism in both style of music and choice of libretto. This early moment of Romanticism in opera is known as the Bel Canto period. Vincenzo Bellini, Gioacchino Rossini and Gaetano Donizetti were its major exponents. Bel Canto features long, sustained vocal lines to show off the beauty of the voice by a series of exquisite melodies embellished with vocal coloratura techniques.</p> <p>A classical example of Romantic literature is Sir Walter Scott's novel The Bride of Lammermoor. The bloody feud between the Scottish families of Ravenswood and Lammermoor ends with a series of tragic deaths.</p> <p>After introductory notes, we will view a special DVD with English sub-titles of the performance given at the Sydney Opera House with Dame Joan Sutherland as Lucia, Robin Donald as Normanno and Malcolm Donnelly as Enrico. The performance is conducted by Richard Bonyng.</p>	Sessions:	2
80	<p><u>ARCHAEOLOGY</u> <u>Presenter: Peter Bindon</u></p> <p style="text-align: center;"><u>THE DAILY GRIND: is it a millstone around your neck?</u></p> <p>Carbohydrates from prehistory to the present day considered from a global view.</p> <p style="text-align: center;">No practical work for this session</p>	Session: Date: Time: Venue: Cost:	1 8/06 1:00 – 3:00 Berry St Nowra \$8
81	<p><u>PHOTOBOOKS</u> <u>Presenter: Helen Turvey</u></p> <p style="text-align: center;">Beginners and previous attendees!</p> <p>Learn how to turn photos into a spectacular printed book and, if you have started already, take your skills to higher levels with further knowledge. Advanced techniques will be revealed to all.</p> <p>Beginners need to contact presenter for software download. Contact number will be provided on enrolment.</p> <p>Please bring laptop to the course.</p>	Sessions: Dates: Time: Venue: Cost:	2 8,22/06 1:00 - 3:00 4/48 Berry St \$11
82	<p style="text-align: center;"><u>ART WITH CREATIVITY</u></p> <p><u>Tutor: Imelda Daniels</u> <u>Maximum: 12 Members</u></p> <p>Inviting people from all levels of interest and ability, this course will give you the techniques to create your perception of visual subjects. You will learn to look carefully at a subject to fully understand its features and explore a variety of media.</p> <p>You will develop your creative talent in making the finished result distinctly yours.</p> <p>Perspective, lighting, shading, texture and colour are all considered. During term a field trip is included to allow working in a locally accessible outdoor setting, this project being further developed in class.</p> <p>Imelda will assist you to develop a project of your own choice.</p>	Sessions: Dates: Time: Venue: Cost:	8 11,18,25/05; 1,8,15,22,29/06 9:30 – 12:00 5/48 Berry St Nowra \$29

FRIDAY Cont

83	<p>HISTORY <u>Presenter: Lloyd Pitcher</u></p> <p style="text-align: center;">IRELAND 10 000 BC – 1642</p> <p>Who were the Irish? We look at features of Ireland before the Celts arrived in 700 BC, the Scotti in 367 AD, St Patrick 432 AD, the Vikings 795 AD, Normans in 1169 and Robert the Bruce 1315. The Black Death devastated Ireland in 1348. King Henry VIII of England authorised the English to arrive in Ireland and they set about disestablishing the Catholic monasteries and monastic movements. Irish rebellions occurred in 1579 to 1583 and later in Ulster. And where were the leprechauns in all this political activity in Ireland?</p>	Sessions: Cost: Venue: Date: Time:	4 \$17 CWA HALL Berry St 11/05 10:00 - 12:00
	<p style="text-align: center;">IRELAND 1643-1800</p> <p>There was much turmoil in Ireland and the world during this period. War in Ireland by Oliver Cromwell 1649-1650 led to its invasion by William III of Orange in 1689 and the Battle of the Boyne in 1690. International events such as the Seven Years War 1756-1763, the American Revolution 1775-1783 and the French Revolution of 1789 spread ideas of liberty and republicanism throughout Ireland. Theobald Wolf Tone led the Society of United Irishmen Catholics, Presbyterians and Protestants – in a massive rebellion in 1798 against British rule in Ireland. The resulting Act of Union in 1800 dissolved the Irish parliament and Britain directly administered Ireland. This presentation examines the demands for political reform in Ireland and how the British government dealt with them.</p>	Date: Time:	25/05 10:00 - 12:00
	<p style="text-align: center;">IRELAND 1800-1914</p> <p>From 1801 to 1922, Ireland was governed by the Parliament of the United Kingdom in London and administered through the Lord Lieutenant in Dublin Castle in Ireland. Daniel O’Connell led Irish demands for emancipation from control by Britain. The Tithe War from 1831 to 1836 saw sporadic violence against the British. From 1845 to 1849 a potato famine led to the death and/or emigration of fifty percent of Ireland’s population by 1900. Demands for Irish land ownership and home rule continued to grow and by 1914, Ireland was ready to explode into extreme violence.</p>	Date: Time:	8/06 10:00 - 12:00
	<p style="text-align: center;">IRELAND 1914-1983</p> <p>On Easter Sunday 1916, Irish nationalist insurgents rose up against the British in Dublin. Although defeated, demands for Home Rule of Ireland continued and resulted in a civil war from 1919-1923. From this war emerged Northern Ireland and the Irish Free State [Eire]. Throughout the 1920s and 1930s, secular violence continued. After World War II (1939-1945), Ireland and Northern Ireland developed their separate economies and societies. The Irish Republican Army wanted a politically united Ireland and ramped up their violent activities during ‘The Troubles’ 1970-1983. The making of two Irelands was never far from the shadow of a gun.</p>	Date: Time:	22/06 10:00 - 12:00

U3A SHOALHAVEN ENROLMENT FORM

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

Address.....

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

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***** NEW MEMBER JOINING FEE IS \$1. - ANNUAL MEMBERSHIP FEE IS \$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
Less CREDIT. Show amount here >>		
SUB-TOTAL		
If New Member, enter \$1 Join Fee here >>		
Paid \$10 annual membership? If not enter here >>		
T O T A L		

<u>Would you like a U3A name badge?</u>	
What classes would you like to see?	
What classes can you run yourself?	
Can you help out in the office occasionally?	

Post completed form, with cheque made payable to “U3A Shoalhaven”, to

U3A SHOALHAVEN Third Age of Learning Inc.
5/48 Berry St. Nowra 2541
 (or drop it into to the Office as noted below)

Early enrolment is strongly advised, as courses are cancelled when numbers are insufficient. If office is unattended, drop completed form in envelope, with money, in letterbox 5 at front door of our building.

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

MEMBERSHIP	COURSES	CASH/CHEQ	RECEIPT	DATE