



TERM 1, 2019

Monday February 4 – Friday March 29

Enrolments:

ONLINE - From 18 January. Use website address above and follow links

In the office - Thursday and Friday, January 24 and 25, between 10:30am and 2:30pm

Alternatively mail Enrolment, or leave in U3A letterbox 5, at the front of our Berry St building.

Office Hours:

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

PRESIDENT'S REPORT

Welcome to 2019 and another year of learning at U3A Shoalhaven.

An exciting innovation at our U3A is the introduction of enrolling and paying online. This will be available from Term 1, 2019. The management committee is working hard over the Christmas break to get the system up and running. Please be patient, as it is likely there will be a few hiccups but, hopefully, these can be overcome.

As you will see, the course co-ordinators have compiled a comprehensive and interesting range of courses. I feel sure members will find something to stimulate them, whether intellectually, physically or artistically.

Along with the ever-popular ongoing courses, some new ones include Creative Writing, Mind and Body Awareness, Life and Times of Henry Lawson, An Inside Look at Iran and Charcoal Drawing at Bundanon. Interest in Lloyd Pitcher's History presentations continues to grow and, along with the usual four sessions at Nowra, will extend to sessions at Huskisson and Culburra.

I am pleased to be serving another year as President and am also pleased to welcome several new committee members who have come on board to help with the running of your organisation.

I look forward to meeting up with members, welcoming new ones and to another successful, rewarding year at U3A Shoalhaven.

Terry Crockford

2019 Management Committee

President: Terry Crockford
Vice President, Publicity: Jan Martin
Secretary: Joy Warton
Treasurer: Helen Benefer
Web Editor: Warren Mason
Member Register: Valda Mitchell

Course Co-ordinators:
Kim Cartledge Eric Courtney
Committee
Bernice Dedini Coreen Dedini
Lynette Liddy Denis Simond
Ros Woolmer

SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU IN OUR TERM 1 PROGRAM...

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

ART, LITERATURE

PENCILS, PAINT and PAPER	MONDAY	1	NOWRA
MOSAICS	MONDAY	2	HUSKISSON
CHARCOAL DRAWING BUNDANON	WEDNESDAY	29	NOWRA
A TIME TO WRITE	THURSDAY	37	NOWRA
PAINT ON GLASS	THURSDAY	35	NOWRA
ART WITH CREATIVITY	FRIDAY	40	NOWRA
MOSAICS	FRIDAY	41	NOWRA

CURRENT AFFAIRS, PHILOSOPHY

FILLING THE GAPS PHILOSOPHICALLY	TUESDAY	17	NOWRA
PHILOSOPHY / ETHICS	WEDNESDAY	21	NOWRA
DISCUSSION GROUP NOWRA	WEDNESDAY	25	NOWRA
SHOALHAVEN ECONOMIC DEVELOPMENT	WEDNESDAY	28	NOWRA
DISCUSSION GROUP BERRY	THURSDAY	32	BERRY

ENTERTAINMENT, EXCURSIONS, TRAVEL

PARRAMATTA RIVERCAT EXCURSION	TUESDAY	13	PARRAMATTA
HERITAGE TOURS	TUESDAY	14	NOWRA
OPERA –PUCCINI,VERDI - 3 CONTEMPORARIES	WEDNESDAY	24	NOWRA
SISTINE CHAPEL	THURSDAY	31	NOWRA
LET'S DO LUNCH	THURSDAY	33	SHOALHAVEN
JOHN'S MOVIES	THURSDAY	38	NOWRA
SHOALHAVEN SINGING FOR SENIORS	FRIDAY	39	NOWRA

HEALTH, SPORT

KEEPING THE MARBLES ROLLING	MONDAY	3	NOWRA
TENPIN BOWLING	MONDAY	4	BOMADERRY
TAI-CHI	TUESDAY	7	NOWRA
MEDITATION	TUESDAY	9	NOWRA
ROLE OF FOOD IN HEALTH	TUESDAY	15	NOWRA
MIND AND BODY AWARENESS	WEDNESDAY	22	NOWRA
LAWN BOWLS	WEDNESDAY	26	BOMADERRY
CROQUET	WEDNESDAY	27	NOWRA
MAHJONG	THURSDAY	36	NOWRA
PETANQUE	FRIDAY	45	TERARA

HISTORY, CULTURE, LANGUAGES

ITALIAN INTERMEDIATE	MONDAY	5	NOWRA
FRENCH ADVANCED	TUESDAY	12	NOWRA
GERMAN INTERMEDIATE	TUESDAY	11	NOWRA
VINCENTIA; BURKE,WILLS / SOUTH HUSKISSON	TUESDAY	16	HUSKISSON
CULBURRA - LLOYD ON HISTORY	TUESDAY	18	CULBURRA
GERMAN PROTESTANTISM	WEDNESDAY	23	NOWRA
SCOTTISH COUNTRY DANCING	THURSDAY	10	NOWRA
HENRY LAWSON	THURSDAY	34	NOWRA
ARCHAEOLOGY - ANCIENT AMERICAS and HUMANS	FRIDAY	43	NOWRA
HISTORY - FRIDAY	FRIDAY	46	NOWRA
FRENCH INTERMEDIATE	FRIDAY	42	NOWRA
IRAN - PEOPLE AND CULTURE	FRIDAY	44	NOWRA

SCIENCE, TECHNOLOGY

TECHNOLOGY WORKSHOP	MONDAY	6	NOWRA
TECHNOLOGY HOW	TUESDAY	8	NOWRA LIBRARY
FORENSICS	TUESDAY	19	NOWRA
TECHNOLOGY WORKSHOP	WEDNESDAY	30	NOWRA
SCIENCE	WEDNESDAY	20	NOWRA

MONDAY

1	<p style="text-align: center;">POTTERING with PENCIL, PAINT and PAPER MAXIMUM 12 MEMBERS</p> <p><u>Leader: Don Bastock</u></p> <p>We are a group of friendly, creative people who get together to explore art and engage in diverse conversation without a tutor.</p> <p style="text-align: center;">We bring our own equipment and materials. 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: 4, 11, 18, & 25/02; 4, 11, 18, & 25/03.</p> <p>Time: 9:30 - 11:30</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$29</p>
2	<p style="text-align: center;">MOSAICS at Lady Denman Museum Huskisson Maximum 20 Members</p> <p>Have you ever wanted to learn Mosaics? Lulu, Raneer and Val are happy to share their knowledge of this creative activity and get you started with the basics of this craft.</p> <p>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.</p> <p>You will receive a list of required equipment and material at the first session.</p>	<p>Sessions: 8</p> <p>Dates: 4, 11, 18, & 25/02; 4, 11, 18, & 25/03.</p> <p>Time: 10:00 - 1:00</p> <p>Venue: Woollamia Rd & Dent St HUSKISSON</p> <p>Cost: \$29</p>
3	<p style="text-align: center;">KEEPING THE MARBLES ROLLING Maximum 12 Members</p> <p style="text-align: right;"><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: 8</p> <p>Dates: 4, 11, 18, & 25/02; 4, 11, 18, & 25/03.</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$39</p>
4	<p style="text-align: center;">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.</p> <p>Members who have been enjoying this activity extend a friendly invitation to the members who are missing out, to -</p> <p style="text-align: center;">come and join them for the exercise and the fun of it!</p> <p>Single game cost is \$7 including shoe hire, paid by the players to the lanes' proprietor on each day.</p>	<p>Sessions: 8</p> <p>Dates: 4, 11, 18 & 25/02; 4, 11, 18 & 25/03.</p> <p>Time: 10:00 - 11:30</p> <p>Venue: S'haven City Lanes, Narang Rd Nowra \$8 to U3A</p> <p>Cost: \$8 to U3A</p>
5	<p style="text-align: center;">BENVENUTO IN INTERMEDIO ITALIANO <u>Leader: Alan Madge</u></p> <p>This course is entering its second year, so new entrants will need, at least, a modest knowledge level. Join this mutual study group in uncovering more of the delights of this beautiful language. We use selected textbook extract handouts and do much homework!</p> <p style="text-align: center;">NOTE: Each sessions is of 2.5 hours duration.</p>	<p>Sessions: 7</p> <p>Dates: 4, 11, 18, & 25/02; 11, 18, & 25/03.</p> <p>Time: 1:00 - 3:30</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$26</p>
6	<p style="text-align: center;">TECHNOLOGY WORKSHOP <u>Leader: Eric Courtney</u></p> <p>Frustrated by lack of confidence and or knowledge in the use of smartphones, tablets or computers?</p> <p>Bring your portable device along to this workshop and discuss your problem/s with other users to find solutions from our collective knowledge and experience.</p> <p style="text-align: center;">**Single fee covers attendance at one or both sessions.**</p> <p style="text-align: center;">Experienced users especially invited to come and offer assistance.</p>	<p>Sessions: 2</p> <p>Dates: MON 4/03 (also WED 20/02)</p> <p>Time: 9:30 - 11:30</p> <p>Venue: 4/48 Berry St</p> <p>**Cost \$8**</p>

TUESDAY

7	<p>TAI CHI FOR ARTHRITIS <u>Leader: Joanne Fabri</u></p> <p>Arthritis can make exercise painful. This form of gentle and calming Tai Chi helps to strengthen joints and muscles. This introductory session is for beginners, who can continue at \$15 per session.</p> <p style="text-align: center;">**At the Community Gateway Centre, Cnr Berry and Plunkett Sts, Nowra.</p>	<p>Sessions: 1</p> <p>Date: 5/02</p> <p>Time: 5:30pm</p> <p>Venue: ** (See left)</p> <p>Cost: \$8 to U3A</p>
8	<p>TECHNOLOGY – HOW? <u>Leader: Robin Sharpe</u></p> <p>Need help with your smartphone, 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.</p> <p style="text-align: center;">Register your interest.</p> <p style="text-align: center;">NO CHARGE - attend as often as you need.</p>	<p>Sessions: 8</p> <p>Dates: 5, 12, 19, & 26/02; 5, 12, 19, & 26/03.</p> <p>Time: 12:00 - 1:00</p> <p>Venue: Sh'haven Library Berry St Nowra</p>
9	<p>MEDITATION/COMPARATIVE RELIGIONS <u>Leader: Janice Lunnon</u></p> <p>We will start each week with a Hindu meditation eg. Sanskrit mantra, meditating to music or breathing techniques and chakra work (half hour). We will look at Indian history, Hindu origins/beliefs/gods/ritual, sacred texts, famous yogis and Hindu philosophers, festivals, architecture etc.</p> <p style="text-align: center;">No previous attendance or experience is necessary.</p>	<p>Sessions: 7</p> <p>Dates: 5, 12, 19, & 26/02; 5, 12, & 19/03.</p> <p>Time: 1:00-3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$26</p>
10	<p>SCOTTISH COUNTRY DANCING <u>Leader: Eleanor Risby</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 style="text-align: center;">There is no charge for the continuing weekly sessions.</p> <p style="text-align: center;">Wear flat, flexible soled shoes and casual clothes.</p>	<p>Sessions: 1, then weekly.</p> <p>Date: 5/02</p> <p>Time: 7:00-8:30pm</p> <p>Venue: St Andrews Church Hall, Kinghorne St</p> <p>Cost: \$8</p>
11	<p>GERMAN, INTERMEDIATE <u>Leader: Anna Holt</u></p> <p style="text-align: center;">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.</p> <p>The course, commenced in Term 1 2017, requires new entrants to have a good grounding in this language. It is conducted in an informal and relaxed atmosphere with homework necessary.</p>	<p>Sessions: 7</p> <p>Dates: 5, 12, 19, & 26/02; & 12, 19, & 26/03.</p> <p>Time: 1:00-3:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$26</p>
12	<p>FRENCH, ADVANCED <u>Leader: Carmel Smallwood</u></p> <p style="text-align: center;">Bonjour! Comment allez-vous? Très bien? Bon! Et votre français? Un peu rouillé?</p> <p>Alors ... join our advanced French class. What do we do? Conversations in the target language, listening, reading and writing and regular grammar. It is fun and much progress is made! ... some light homework is required.</p>	<p>Sessions: 8</p> <p>Dates: 5, 12, 19, & 26/02; 5, 12, 19, & 26/03.</p> <p>Time: 4:15 - 5:15</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$29</p>
13	<p>PARRAMATTA RIVERCAT <u>Leader: Mollie Robinson</u></p> <p>Enjoy a 90 minutes cruise up the Parramatta river on the Rivercat, stopping at places like Barangaroo, Cabarita, and Olympic Park.</p> <p>Enjoy lunch in the Parramatta CBD at own expense and return to Central station by train</p>	<p>Sessions: 1</p> <p>Dates: 26/02</p> <p>Time: Train 6:43am</p> <p>Venue: Bomaderry CENTR/PARRA</p> <p>Cost: \$8</p>

TUESDAY CONT'D.

14	<p>HERITAGE/GARDEN TOURS <u>Leaders: Lloyd Pitcher & Denis Simond</u></p> <p>Travel U3A programs cover History, Natural & National Heritage, and various 'special interest' festivals. In this session we outline the small group tours planned for 2019, including Tasmanian Heritage; Autumn in Bright; Central Victorian Gardens and Galleries; South Australia's Rose Festival; the Henry Lawson Heritage Festival and the Garden Lovers' programs which operated successfully in 2018.</p> <p>Although Travel U3A is not connected to any U3A, no profit margin or remuneration of leaders is included in the cost. Learning while travelling is an important element in Travel U3A's programs.</p> <p>Presented by Travel U3A, an independently operated company</p>	<p>Sessions: 1</p> <p>Date: 12/02 Time: 10:00 - 12:00 Venue: 4/48 Berry St Cost: NIL</p>
15	<p>THE ROLE OF FOOD IN HEALTH <u>Leader: Allan Moore</u></p> <p>Learn about what changes to our diet have been linked to many of our modern diseases.; how our lifestyles, advertising, TV cooking shows and lobby groups influence our food choices. Find out about the remarkably simple alternatives that are available.</p> <p style="text-align: center;">Questions and discussion are very welcome.</p>	<p>Sessions: 3</p> <p>Date: 12 & 26/02; 12/03 Time: 10:00 – 12:00 Venue: 5/48 Berry St Cost: \$14</p>
16	<p>HISTORY AT VINCENTIA <u>Leader: Lloyd Pitcher</u></p> <p>THE BURKE AND WILLS EXPEDITION ACROSS AUSTRALIA</p> <p>Burke and Wills were probably the most famous of the Australian explorers. From the genesis of an idea in 1857, the Royal Society of Victoria sponsored the Great Northern Exploration Expedition to cross Australia from South to North. Robert O'Hara Burke had served 7 years in the Austrian army, spoke fluent German and was a police inspector on the Victorian goldfields. William John Wills was a shepherd, a gold office assayer, trainee surveyor and wanted to be an explorer. Wills wrote a journal which was the only record of this ill-fated journey. Burke and Wills led the expedition which left Melbourne in August 1861 and ended in tragedy at Cooper's Creek later in 1861. Were they the right men to lead the expedition? Why was the expedition both unsuccessful and tragic?</p> <p style="text-align: center;">SOUTH HUSKISSON [VINCENTIA]</p> <p>Lieutenant Bowen explored Jervis Bay on 17 August 1791. He noted it was a natural deep-water harbour. Settlers reaching the Southern Highlands desired a road to bring wool and other produce to the port of Jervis Bay. By 1842 the Wool Road was operational. Colonial Secretary Edward Deas Thompson sold his land grants in lots to form the basis of the town of South Huskisson. A wharf was built and commercial buildings erected. But nature intervened with a severe drought from 1843 ending transportation of wool to South Huskisson. The town was abandoned by 1848. In 1953 realtor Henry Ferdinand Halloran sold lots in his new development in South Huskisson, naming it Vincentia. The rest is history</p>	<p>Sessions: 1</p> <p>Date: 26/02 Time: 10:00-12:00 Venue: Jervis Bay Maritime museum Woollamia Rd & Dent St HUSKISSON Cost: \$8</p>

TUESDAY CONT'D.

17	<p>FILLING THE GAPS PHILOSOPHICALLY <u>Leader: Bob Hayward</u></p> <p>For one term only, Bob will discuss the contribution of Existentialism to contemporary society and reflect on other developments that have shaped our world, exploring the challenges they present.</p>	<p>Sessions: 3</p> <p>Date: 5, 19/02 & 5/03.</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$14</p>
18	<p>HISTORY AT CULBURRA <u>Leader: Lloyd Pitcher</u></p> <p>CAROLINE CHISHOLM (1808-1877), THE EMIGRANTS' FRIEND An image of Caroline Chisholm was chosen to be placed on the first Australian decimal currency \$5 banknote in 1966. From all significant people in Australian history, why was she selected? This presentation explores the life and times of Caroline Chisholm. Caroline grew up in Northamptonshire, England and was the youngest of 16 children. Her mother impressed on Caroline the need to help the less fortunate. In both Australia and in England, Caroline made this her life's work. Her philanthropy and humanitarian work were progressive and led to the reform of immigration to Australia. Her extraordinary achievements are widely recognised in the history of Australia.</p> <p style="text-align: center;">THE KELLY GANG</p> <p>Who was Edward 'Ned' Kelly and why did he form a gang in Victoria? The Victorian government had already faced an armed rebellion at the Eureka Stockade in 1854. The government again faced an armed challenge, this time from four outlawed and armed citizens who held up banks and threatened law and order. Today, Ned Kelly is regarded as Australia's first folk hero. Is this belief justified? The execution of Ned Kelly at Pentridge Gaol in Melbourne in 1880 marked the end of the bushranger era in Australia. How should we remember the saga of the challenge to government authority in Victoria by Ned Kelly and his gang?</p>	<p>Sessions: 1</p> <p>Date: 12/03</p> <p>Time: 10:00-12:00</p> <p>Venue: Community Centre Culburra Rd CULBURRA</p> <p>Cost: \$8</p>
19	<p>FORENSICS <u>Leader: Juan Alvarez</u></p> <p>This term, Juan covers the following aspects of forensics - Session 1, Arson; the crime of burning property for malicious reasons and the hardest of investigations as evidence is mostly destroyed. Explosives and the forensics involved are briefly reviewed.. Session 2, Toxicology; its incredible history and poisonings since antiquity to now, making it the oldest scientific discipline. Criminal poisoning, antidotes and absorption, as well as drug analysis. If you are interested in crime stories, you can now unravel their mysteries.</p>	<p>Sessions: 2</p> <p>Dates: 19 & 26/3</p> <p>Time: 10:00-12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$11.</p> <p>** Members who enrolled in Term 4, 2018 - NIL Fee **</p>
WEDNESDAY		
20	<p>SCIENCE <u>Leader: Graeme Warnock</u></p> <p>This segment, 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 but there are logical answers to most questions.</p> <p style="text-align: center;"><u>NB; THREE sessions ONLY this Term.</u></p>	<p>Sessions: 3</p> <p>Dates: 13 & 27/02; 13/03.</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$14</p>

WEDNESDAY CONT'D

21	<p>PHILOSOPHY / ETHICS <u>Leader: 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. The following are some suggestions for discussion. What is life - love, meaning and purpose - legacy and contribution - relationships, life matters and responsibility, free will and law. Participation is encouraged, as all have intrinsic wisdom to contribute.</p>	<p>Sessions: 4</p> <p>Dates: 6 & 20/02; 6 & 20/03.</p> <p>Time: 10:00 – 12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$17</p>
22	<p>MIND AND BODY AWARENESS <u>Leader: Linette Liddy</u></p> <p>Learn exercises that work on the mind, body and spirit to rejuvenate your whole being. Improve your strength and flexibility. Increase your core stability and balance. Build a heightened feeling of positivity with a deep state of relaxation. This gentle exercise course will be conducted in a friendly, non-competitive environment. Wear loose, comfortable clothing and bring a mat or towel as many of the exercises are done on the floor.</p>	<p>Sessions: 4</p> <p>Date: 6 & 20/02; 6 & 20/03.</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$17</p>
23	<p>GERMAN PROTESTANTISM <u>Leader: Ray Moffat</u></p> <p>Who was Martin Luther? A Catholic priest, who was a protester, not a 'Protestant'. He did not seek a revolution, but strove for reform of the Catholic Church of his day, leading to the 'Reformation'. His quest caused divisions of the medieval church and these remain to this day.</p>	<p>Sessions: 2</p> <p>Dates: 27/02 & 6/03</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$11</p>
24	<p>VINCENT ON OPERA <u>Leader: Vincent Cincotta</u></p> <p style="text-align: center;"><u>Masterpieces by contemporaries of Verdi and Puccini</u></p> <p>From the mid-19th Century to the present, the extraordinary musical genius of both Verdi and then Puccini tended to dominate the international opera repertoire. Yet a number of their contemporaries, colleagues and friends of both Verdi and Puccini, achieved success in the opera world, composing many captivating operas. Most of their works, not now in the international repertoire but still very popular in Italy, often appear on various opera house playbills. Three such contemporaries were, Amilcare Ponchielli (1834-1886), Francesco Cilea (1866-1950 and Umberto Giordano (1867-1948).</p> <p>In session one, we view Ponchielli's 'La Gioconda' (1880) performed at the Roman Arena of Verona under the direction of Pier Luigi Pizzi and featuring Roberto Bolle in the opera's famous ballet scene.</p> <p>Session two, we view Francesco Cilea's 'Adriana Lecouvreur' (1902) performed at Milan's La Scala featuring Mirella Freni under the baton of Giandrea Gavazzeni.</p> <p>Session three, we view Umberto Giordano's 'Fedora' (1898), performed at Milan's La Scala under the direction of Gianandrea Gavazzeni, features Mirella Freni and Placido Domingo. The performance was filmed live at La Scala in 1993.</p>	<p>Sessions: 3</p> <p>Dates: 13 & 27/02; 13/03</p> <p>Time: <u>1:00 - 3:45</u></p> <p style="text-align: center;">## <u>ALLOW MIN</u> <u>3 Hrs CAR</u> <u>PARKING</u> ##</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$14</p>

WEDNESDAY CONT'D

25	<p>DISCUSSION GROUP NOWRA <u>Leader: Eric Courtney</u></p> <p>Bring in the news stories you consider significant for discussion with group members so we better understand what is happening in our world. Include positive stories as well as the sensational and or tragic for discussion.</p> <p style="text-align: center;">**NOTE: 2 sessions in February at Nowra U3A (COST \$9) and 2 sessions in March at BERRY CWA Hall (COST \$9) 4 Session COST \$18</p>	Sessions:	2
		Dates: Time: Venue: Cost:	6 & 13/02 1:00 - 3:00 4/48 Berry St Nowra. See <u>NOTE</u> **
26	<p>LAWN BOWLS <u>Leader: 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 NIL for Bowling Club members, \$5 for others.</p>	Sessions:	6
		Dates: Time: Venue: **Cost: See left	13, 20 & 27/02; 13, 20 & 27/03 1:00-3:00 Bomaderry Bowling Club \$8 to U3A
27	<p>CROQUET <u>Leaders: Anne & John Woods</u></p> <p style="text-align: center;">Max: 20 Players</p> <p style="text-align: center;">Enjoy a complimentary Morning Tea and learn about Croquet.</p> <p>Take this opportunity to get a feel for this interesting game, with roots going back to medieval times. It provides beneficial exercise, a moderate level of competitive strategy in the pleasant outdoors and is great for couples and singles alike.</p> <p style="text-align: center;">Wear flat shoes (no sandals), a hat and slacks or trousers (no skirts, as they limit freedom to swing a mallet). We have regular BBQs and a lot of fun at our green, located inside the main gates of the Nowra Showground.</p>	Sessions:	1
		Dates: Time: Venue: **Cost: See left	27/03 9:30-11:30 Nowra Showground. \$8 to U3A
28	<p style="text-align: center;">SHOALHAVEN ECONOMIC DEVELOPMENT</p> <p style="text-align: center;"><u>Leader: Greg Pullen</u></p> <p>This session presents a broadview of the local economy, covering;</p> <ul style="list-style-type: none"> * Key industry sectors and their contribution to the economic growth of the area. * What the major infrastructure works program of government means for Shoalhaven. * The role played by the Council's Economic Development Office in growing the local economy and creating jobs. * Some of the current projects being undertaken to stimulate this economic growth. <p>Greg Pullen, Council's Economic Development Manager since 1985, has instigated many innovative programs to support industry by being involved in matters that enhance the area and stimulate the business environment to be sustainable into the future.</p>	Sessions:	1
		Dates: Time: Venue: Cost:	27/03 1:00 - 3:00 5/48 Berry St \$8

WEDNESDAY CONT'D

29	CHARCOAL DRAWING WORKSHOP at BUNDANON <u>Workshop Leader: Leanne Waterhouse</u> The Day's Agenda includes: 10:00 - Introduction to Bundanon. 10:15 - Morning Tea, provided by Bundanon Trust. 10:40- Tour of Homestead and Arthur Boyd's studio. 12:00 - Lunch, B Y O. 12:30 - Workshop; Super Panorama. 2:30 - Wind up workshop. 3:30 - Depart Bundanon. Use own transport to and from Bundanon.	Sessions: 1 Date: 20/02 Time: 10:00 - 04:00 Venue: BUNDANON Cost: \$8 to U3A \$25 to Bundanon Trust (Workshop fee)
30	TECHNOLOGY WORKSHOP <u>Leader: Eric Courtney</u> Frustrated by lack of confidence and or knowledge in the use of smartphones, tablets or computers? Bring your portable device along to this workshop and discuss your problem/s with other users to find solutions from our collective knowledge and experience. **Single fee covers attendance at one or both sessions.** Experienced users especially invited to come and offer assistance.	Sessions: 2 Dates: WED 20/02 (also MON 4/03) Time: 1:00 - 3:00 Venue: 4/48 Berry St Cost: \$8
THURSDAY		
31	SISTINE CHAPEL <u>Leader: Patrick de Gabriel</u> Situated at the heart of the Renaissance Papacy, the chapel was decorated in three distinct stages – the wall frescoes of the 1480s, Michelangelo’s amazing ceiling from 1508 to 1512 and his sombre 'Last Judgement' of the 1530s. While each of these cycles tells us a great deal about contemporary European politics, we can’t really separate art from its social context. The reason we still regard them so highly, is that they are overwhelmingly beautiful. This illustrated talk tries to bring us a little closer to that beauty.	Sessions: 1 Date: 7/02 Time: 10:00am Venue: 5/48 Berry St Cost: \$8
32	DISCUSSION GROUP BERRY <u>Leader: Eric Courtney</u> Bring in the news stories you consider significant for discussion with group members so we better understand what is happening in the world. Positive stories as well as the sensational and or tragic, are needed for discussion. **NOTE: 2 sessions in February at Nowra U3A (COST \$9) and 2 sessions in March at BERRY CWA Hall (COST \$9) 4 Session COST \$18	Sessions: 2 Dates: 7 & 14/03 Time: 1:00 - 3:00 Venue: CWA Hall 79 Victoria St BERRY Cost: See NOTE **
33	LET’S DO LUNCH <u>Leader: Sue Reeves</u> 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. Participants will be emailed on Venues.	Sessions: 4 Dates: 7 & 21/02; 7 & 21/03. Time: 12:00 for 12:30 Cost: \$15 for year.

THURSDAY CONT'D

34	<p>HENRY LAWSON; Works, Life and Times <u>Leader; Denis Simond</u></p> <p style="text-align: center;">Session 1 - Life and Times</p> <p>Commencing with Henry Lawson's early years, his parents and the influences of his youth, we examine his early writings and how 'the Australian Bush' life, hardship and poverty shaped his uniquely Australian perspective. What influence did his mother, Louisa, have on Henry's poems and short stories?</p> <p style="text-align: center;">Session 2 - Poetry</p> <p>Recognised as an 'honest Australian' writer, Lawson drew inspiration from places experienced through his eyes and heart. His poems reflect major differences between the 'Old Country' and the 'New Land'. He was and is regarded as Australia's greatest poet by many. We examine his 'Bush Ballad' school of poetry which, very popular in the 1890s, still resonates today.</p> <p style="text-align: center;">Session 3 - Short Stories</p> <p>Starting with 'The Drover's Wife', which acknowledges the hardships, bravery and perseverance of Australian women, we will see the stark contrast with Lawson's wit and humour in 'The Loaded Dog'. We will also examine other short stories.</p> <p style="text-align: center;">Session 4 - Women, Socialism and Banjo</p> <p>This session reviews the significant women in Henry's life, his avid socialism and unlikely friendship with Banjo Paterson. Time permitting, we revisit your favourite Lawson poems and short stories, striving to understand if Lawson's work is as relevant to Australia today as it was originally.</p>	Sessions:	4
		Dates:	14, 21, 28/02; 7/03
		Time:	10:00 - 12:00
		Venue:	5/48 Berry St
		Cost:	\$17
35	<p>PAINT ON GLASS! <u>Leader; Michaela Rihova</u></p> <p>Put a smile on your face and discover the artist within you. Learn easily how to create a presentable art work you will be proud to display in your home or present as a gift.</p> <p>Bring a notebook/sketch pad, pen and soft pencil to the first lesson. Michaela will cover the basics of this artistic activity and advise you on what to bring to the following lessons.</p> <p>Bring your choice of art subject to the second lesson, when Michaela will get you started on transferring your subject onto the glass and begin the colouring.</p> <p>In the third lesson you will finish the colouring and frame the work. An initial requirements list will be available at the first session.</p>	Sessions:	3
		Dates:	14, 21 & 28/03
		Time:	10:00-12:00
		Venue:	5/48 Berry St
		Cost:	\$14
36	<p>MAHJONG <u>Leader: John Coghlan</u></p> <p style="text-align: center;">WHY DO THIS COURSE?</p> <p>Mahjong has long been popular with people in China and other Asian countries. Now it is becoming a popular pastime all over the world. In addition to being a fun way to pass the time and socialise, mahjong is also a great way to support healthy aging. Mahjong keeps your mind sharp. It is a mentally stimulating game that requires you to use multiple parts of your brain, with logic, risk-management, quick decision-making, pattern recognition and problem solving.</p> <p style="text-align: center;">If you have a mahjong set, please bring it along</p>	Sessions:	6
		Date:	7, 14, 21 & 28/02; 7 & 14/03.
		Time:	10:00 - 12:00
		Venue:	4/48 Berry St
		Cost:	\$23

FRIDAY CONT'D

40	ART WITH CREATIVITY <u>Leader: Imelda Daniels</u> <u>MAX: 12 Members</u>	Sessions:	8
	Inviting people from all levels of interest and ability, this course covers the techniques to create your perception of visual subjects. Learn to look carefully at subjects to fully understand their features and explore a variety of media. Develop your creative talent in making the finished result distinctly unique. Perspective, lighting, shading, texture and colour are all considered. Develop a project of your choice with Imelda's unflinching assistance.	Dates:	8, 15, 22/02; 1, 8, 15, 22 & 29/03.
		Time:	9:30 - 12:00
		Venue:	5/48 Berry St Nowra
		Cost:	\$29
41	MOSAICS NOWRA <u>Leader: Kim Cartledge</u> <u>Maximum 12 Members</u>	Sessions	8
	If you would like to learn or resume Mosaics, join this group and learn the basics of this creative craft or refresh your rusty skills. 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.	Dates:	8, 15 & 22/02; 1, 8, 15, 22 & 29/03.
		Time:	1:00 - 3:00
		Venue:	Snr Cits Centre 39 Berry St
		Cost:	\$29
42	FRENCH - INTERMEDIATE <u>Leader: Alan Madge</u> <u>Maximum: 12 members</u>	Sessions:	7
	This course has progressed to around year 10 high school standard and is now unable to take in beginners. The first hour of each session is spent on conversational and aural (listening) skills. After a 30 minute break, study covers French structure and grammar using intermediate text and introductory French literature. Homework is an essential element!	Date:	8, 15, 22/02; 1, 15, 22, 29/03.
		Time:	1:00 - 3:30
		Venue:	5/48 Berry St
		Cost	\$26
43	ARCHAEOLOGY <u>Leader: Peter Brindon</u> ANCIENT AMERICAS AND HUMANS	Sessions:	1
	There are still many questions to answer regarding the settlement of the Americas. Although there is really only one way in, the groups that colonized these continents developed many ways of exploiting the resource-rich landscapes. Not only that, but more than half of our current food crops originated there.	Date:	8/03
		Time:	1:00 - 3:00
		Venue:	5/48 Berry St
		Cost:	\$8
44	IRAN - PEOPLE and CULTURE <u>Leader: Inez Atai</u>	Sessions:	1
	In her warm and friendly presentational style, Inez takes you behind the Western media picture of this country to reveal where the Iranian people came from and the development of their unique identity. She also explains family life and many of the main customs and celebrations of this historic culture.	Dates:	15/03
		Time:	10:00 - 12:00
		Venue:	CWA Hall 39 Berry St
		Cost	\$8
45	PETANQUE <u>Leader: Albert Forgan</u>	Sessions:	1
	Boost your Vitamin D and enjoy healthy, gentle exercise by 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.	Date:	29/03
		Time:	10:00 - 14:00
		Venue:	410 Comerong Rd NUMBAA
		Cost:	\$8

FRIDAY CONT'D

46	HISTORY DEVELOPMENTS AROUND JERVIS BAY Leader: <u>Lloyd Pitcher</u>	Sessions: 4 Cost: \$17 Venue: CWA Hall 39 Berry St Nowra Date: 22/02 Time: 10:00-12:00
	THE BODIES IN THE BOG In the Bronze and Iron Ages, many bodies were placed in the bogs of north western Europe – Ireland, Britain, the Netherlands, Denmark, Sweden and Germany. A peat bog is a swampy, watery area of vegetation. Modern cutting and mining of peat for fuel has revealed these bodies. This fascinating presentation examines a selection of the best-known bodies in the bog and the explanations from history and forensic archaeology about how the bodies came to be there.	Date: 1/03 Time: 10:00-12:00
	THE HINDENBURG DISASTER 1937 In 1782 the Montgolfier Brothers experimented with flight using a balloon filled with heated air. Later experiments in flight used hydrogen gas in the balloon and an engine with a propeller to steer it. In the early twentieth century Ferdinand von Zeppelin developed controlled flight in a hydrogen gas dirigible. The German dirigible zeppelin from World War 1 [1914-1918] was developed into a rigid framed airship nearly 300 metres long. Germany had developed the hydrogen gas-filled zeppelin Hindenburg into the largest aircraft to have ever taken to the sky. On 6 May 1937 Hindenburg was making the first of ten round flights from Germany to the USA. Headwinds and electrical storms caused the flight to arrive in the USA some 12 hours late. As Hindenburg approached its mooring mast at Lakehurst Naval Station in New Jersey, just south of New York, it caught fire and crashed to the ground. Many passengers and crew were killed and many survivors severely burned. There has been considerable speculation as to what caused the fire. We explore the tragic story of the 1937 German airship Hindenburg.	Date: 8/03 Time: 10:00-12:00
	SINKING OF THE LUSITANIA 1915 The Cunard Liner <i>Lusitania</i> made its maiden trans-Atlantic crossing from Liverpool, England to New York, USA in 1907. It was a fast, large and luxurious ship. On its 202nd voyage from New York to Liverpool in May 1915, Lusitania encountered the German submarine U-20, which fired one torpedo at Lusitania, sinking it in 18 minutes. Many passengers and crew perished. Enduring questions are still being asked about the nature of Lusitania's cargo and the British Admiralty's role in this tragedy. The sinking blurred the line between legality and morality, ushering in a new age where civilians became deliberate targets in times of conflict and war.	Date: 22/03 Time: 10:00-12:00

