



TERM 2, 2019

Monday May 6 – Friday June 29

Enrolments:

ONLINE - From 23 April. Use website address above and follow links

In the office - Wednesday and Friday, April 24 and 26, 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

Term 1 was a busy and exciting start to the year for U3A Shoalhaven. Term 2 is shaping up to be just as stimulating with some new courses, along with the popular ongoing ones.

Congratulations to the course coordinators who work so hard to ensure the high-level of presentations.

Thank you for your patience with the online registration and payment system. Term 1 saw almost 50 percent of members use the system. During the term work has continued with refining the system and we anticipate this term to be more straightforward.

Following two resignations, there has been some changes to the management committee. Secretary, Joy Warton, is moving away. We wish her well in her new abode and thank her most sincerely for her wonderful efforts. Committee member, Ros Woolmer, will act as Secretary in the interim.

Committee member, Coreen Dedini, has resigned for personal reasons. Her replacement on the committee is Peter Eales.

I look forward to catching up with members and meeting new ones during Term 2.

Terry Crockford

2019 Management Committee

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

Course Co-ordinators:
Kim Cartledge Eric Courtney

Committee
Bernice Dedini Peter Eales
Lynette Liddy Denis Simond

SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU IN OUR TERM 2 PROGRAM...

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

ART, LITERATURE

PENCILS, PAINT and PAPER	MONDAY	47	NOWRA
MOSAICS	MONDAY	48	HUSKISSON
A TIME TO WRITE	THURSDAY	75	NOWRA
PAINT ON GLASS	TUESDAY	63	NOWRA
INKWASH WORKSHOP BUNDANON	FRIDAY	84	NOWRA
MOSAICS	FRIDAY	81	NOWRA
ART WITH CREATIVITY	FRIDAY	79	NOWRA

CURRENT AFFAIRS, PHILOSOPHY

PHILOSOPHY / ETHICS	WEDNESDAY	66	NOWRA
SHOALHAVEN ECONOMIC DEVELOPMENT	WEDNESDAY	68	NOWRA

ENTERTAINMENT, EXCURSIONS, TRAVEL

HERITAGE TOURS	TUESDAY	60	NOWRA
OPERA – VERDI - DON CARLOS	WEDNESDAY	72	NOWRA
LET'S DO LUNCH	THURSDAY	74	SHOALHAVEN
DIANNE'S MOVIES	THURSDAY	77	NOWRA
FO GUANG SHAN NAN TIEN TEMPLE	FRIDAY	80	BERKLEY
SHOALHAVEN SINGING FOR SENIORS	FRIDAY	78	NOWRA

HEALTH, SPORT

KEEPING THE MARBLES ROLLING	MONDAY	49	NOWRA
TENPIN BOWLING	MONDAY	50	BOMADERRY
CROQUET	MONDAY	53	NOWRA
TAI-CHI	TUESDAY	54	NOWRA
MEDITATION/COMPARATIVE RELIGIONS	TUESDAY	56	NOWRA
ROLE OF FOOD IN HEALTH	TUESDAY	61	NOWRA
STAYING STRONG	WEDNESDAY	70	NOWRA
LAWN BOWLS	WEDNESDAY	67	BOMADERRY
HYPNOSIS RELAXATION MEDITATION	WEDNESDAY	71	NOWRA
MAHJONG	THURSDAY	76	NOWRA
PETANQUE	FRIDAY	85	TERARA

HISTORY, CULTURE, LANGUAGES

ITALIAN INTERMEDIATE	MONDAY	51	NOWRA
FRENCH ADVANCED	TUESDAY	59	NOWRA
CULBURRA; HISTORY - WW1, WW2 CAUSES	TUESDAY	62	CULBURRA
GERMAN INTERMEDIATE	TUESDAY	58	NOWRA
VINCENTIA; HISTORY - WW1, WW2 CAUSES	WEDNESDAY	69	HUSKISSON
SCOTTISH COUNTRY DANCING	THURSDAY	57	NOWRA
ARCHAEOLOGY - EGYPT; OSIRIS and ABIDOS	FRIDAY	83	NOWRA
HISTORY - FRIDAY	FRIDAY	86	NOWRA
FRENCH INTERMEDIATE	FRIDAY	82	NOWRA

SCIENCE, TECHNOLOGY

TECHNOLOGY WORKSHOP	MONDAY	52	NOWRA
TECHNOLOGY HOW	TUESDAY	55	NOWRA LIBRARY
FORENSICS	TUESDAY	64	NOWRA
TECHNOLOGY WORKSHOP	WEDNESDAY	73	NOWRA
SCIENCE	WEDNESDAY	65	NOWRA

MONDAY

47	POTTERING with PENCIL, PAINT and PAPER <u>Leader: Don Bastock</u> Max 12 Members We are a group of friendly, creative people who get together to explore art and engage in diverse conversation without a tutor. We bring our own equipment and materials. Tea, coffee and biscuits are available. You are welcome to join us if this sounds suitable to you.	Sessions: 8 Dates: 6, 13, 20 & 27/05; 3, 10, 17 & 24/06. Time: 9:30 - 11:30 Venue: 5/48 Berry St Cost: \$29
48	MOSAICS at Jervis Bay Maritime Museum <u>Leaders: Lulu Davies, Val Tinsley</u> Max 22 Members Have you ever wanted to learn Mosaics? Lulu and Val are happy to share their knowledge of this creative activity and get you started with the basics of this 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. New Members PLEASE BRING; 1. A3/A4 ply MDF board, pot/or saucer 2. Glue - good for tile gluing onto ceramics, pottery and timber/cardboard 3. Mosaics pieces e.g. tiles, crockey, shells, pebbles, glass pieces/stones 4. Bath/tea towel - for cutting/breaking tiles in.	Sessions: 7 Dates: 6, 13, 20 & 27/05; 3, 17 & 24/06. Time: 10:00 - 1:00 Venue: Woollamia Rd & Dent St HUSKISSON Cost: \$26
49	KEEPING THE MARBLES ROLLING <u>Leader: Judy Potter</u> Max 12 Members 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!!	Sessions: 7 Dates: 6, 13, 20 & 27/05; 3, 17 & 24/06. Time: 1:00 - 3:00 Venue: Snr Cits Centre 39 Berry St Cost: \$36
50	TENPIN BOWLING <u>Leader: Kim Cartledge</u> 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. Members who have been enjoying this activity extend a friendly invitation to the members who are missing out, to - come and join them for the exercise and the fun of it! Single game cost is \$7 including shoe hire, paid by the players to the lanes' proprietor on each day.	Sessions: 7 Dates: 6, 13, 20 & 27/05; 3, 17 & 24/06. Time: 10:00 - 11:30 Venue: S'haven City Lanes, Narang Rd Nowra \$8 to U3A Cost:
51	INTERMEDIO ITALIANO CONTINUA Max: 12 Members <u>Facilitator: Jane Davidson</u> <u>Co-ordinator: Eric Courtney</u> This course is in its second year, so is unable to take beginners. New entrants will need a good level of prior study. Jane works on conversational skills with the students and assists with grammar study. We use the Basic Italian Grammar text and do much homework! NOTE: Each sessions is of 2.5 hours duration.	Sessions: 7 Dates: 6, 13, 20 & 27/05; 3, 17 & 24/06. Time: 1:00 - 3:30 Venue: 5/48 Berry St Cost: \$26

MONDAY CONT'D

52	<p>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? 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.</p>	<p>Sessions: 1</p> <p>Dates: 17/06 Time: 10:00 - 12:00 Venue: 4/48 Berry St **Cost \$8** (also pm WED 8/05)</p>
53	<p>CROQUET <u>Leaders: Anne & John Woods</u></p> <p style="text-align: center;"><u>Max: 20 Players</u></p> <p>Enjoy a complimentary Morning Tea and learn about Croquet. 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. Wear flat shoes (no sandals), a hat and slacks, (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>	<p>Sessions: 1</p> <p>Dates: 27/05 Time: 9:30-12:30 Venue: Nowra Showground. Cost: \$8 to U3A</p>

TUESDAY

54	<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. **At the Community Gateway Centre, Cnr Berry and Plunkett Sts, Nowra.</p>	<p>Sessions: 1</p> <p>Date: 7/5 Time: 5:30pm Venue: ** (See left) Cost: \$8 to U3A</p>
55	<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. Note: Course subject to sufficient volunteer students being available. Register your interest. NO CHARGE - attend as often as you need.</p>	<p>Sessions: 8</p> <p>Dates: 7, 14, 21 & 28/05; 4, 11, 18 & 25/06. Time: 12:00 - 1:00 Venue: Sh'haven Library 10 Berry St Nowra</p>
56	<p>MEDITATION/COMPARATIVE RELIGIONS <u>Leader: Janice Lunnon</u></p> <p>Explore - Tantra, deities, Hinduism offshutes (Sikhs, Jains, Hare Krishnas), famous gurus/sages/teachers, pilgrimage /sacred sites, architecture/arts, list of meditation/yoga/spiritual retreat centres locally, list of Hindu temples in NSW/pictures for possible visit - finishing with DVD on life of Yogananda (writer of Autobiography of a Yogi) - who tried to meld East and West.</p>	<p>Sessions: 6</p> <p>Dates: 7, 14, 21 & 28/05; 4 & 11/06. Time: 1:00-3:00 Venue: 5/48 Berry St Cost: \$23</p>
57	<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! There is no charge for the continuing weekly sessions at St Andrews Church Hall. Wear flat, flexible soled shoes and casual clothes.</p>	<p>Sessions: 1, then weekly.</p> <p>Date: 7/5 Time: 7:00-8:30pm Venue: 5 Kinghorne St Cost: \$8</p>

TUESDAY CONT'D.

58	<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 this 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: 7, 14, 21 & 28/05; 11, 18 & 25/06.</p> <p>Time: 1:00-3:00</p> <p>Venue: Snr Cits Centre 39 Berry St</p> <p>Cost: \$26</p>
59	<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: 7, 14, 21 & 28/05; 4, 11, 18 & 25/06.</p> <p>Time: 4:15 - 5:15</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$29</p>
60	<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. 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. Presented by Travel U3A, an independently operated company.</p>	<p>Sessions: 1</p> <p>Date: 21/05</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: NIL</p>
61	<p>THE ROLE OF FOOD IN HEALTH <u>Leader: Allan Moore</u></p> <p>Whatever we eat has a bearing on our health. Yet it is just as important to understand why we eat and in context with our bodily systems and cycles. Many of our 21st century diseases are due to general ignorance of our microbiology, cellular renewal and repair, need for sleep, exercise and occasional short fasting. This course is to provide the latest science that often gets overwhelmed by advertisers peddling products like the tobacco industry. The solutions to food and good health are remarkably simple and FREE; hence big business does not promote them. Questions and discussion are very welcome.</p>	<p>Sessions: 3</p> <p>Date: 14 & 28/05; 11/06</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$14</p>
62	<p>HISTORY AT CULBURRA <u>Leader: Lloyd Pitcher</u></p> <p>THE CAUSES OF WORLD WAR 1 (1914 - 1918) The Great War, 'The war to end all wars', was one of the most significant events of the last century. This war and the ensuing influenza epidemic claimed 39 million lives. This presentation explores its causes, identifying which were the most significant. It also examines whether or not the conflict could have been avoided.</p> <p>THE CAUSES OF WORLD WAR 11 (1939 - 1945) The peace following World War 1 was beset with simmering problems exacerbated by The Great Depression. America was isolationist. Britain, France and Germany suffered social and economic problems. The rise of dictators in Italy, Germany and Spain assisted in failure of the security of the League of Nations by 1939, when war erupted in Europe. Japan joined the war to create an economic and political empire. Could this war also have been avoided?</p>	<p>Sessions: 1</p> <p>Date: 14/05</p> <p>Time: 10:00-12:00</p> <p>Venue: Community Centre in IRT Village Culburra Rd Culburra Beach</p> <p>Cost: \$8</p>

TUESDAY CONT'D.

63	<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 lessons 3 and 4 you will finish the colouring and frame the work.</p>	<p>Sessions: 4</p> <p>Dates: 7, 14, 21 & 28/05. Time: 1:00-3:00 Venue: 4/48 Berry St Cost: \$17</p>
64	<p>FORENSICS <u>Leader: Juan Alvarez</u></p> <p>There will be eight areas of Toxicology covered in four sessions in each of terms two and three.</p> <p>The first four (Term 2) fortnightly sessions cover -</p> <ul style="list-style-type: none"> * Full history from early civilisation to current time. * Child proofing your home against poisoning. Toxicology of various drugs - Narcotics, Opium, Alcohol, Tobacco, etc. * Clinical effects of Cyanide. * ICE and its potential for mutating DNA. 	<p>Sessions: 4</p> <p>Dates: 7 & 21/05, 4 & 18/06 Time: 10:00-12:00 Venue: 5/48 Berry St Cost: \$17</p>

WEDNESDAY

65	<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.</p> <p>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>Sessions: 4</p> <p>Dates: 15 & 29/05; 12 & 26/06. Time: 10:00 - 12:00 Venue: 5/48 Berry St Cost: \$17</p>
66	<p style="text-align: center;">PHILOSOPHY / ETHICS</p> <p><u>Leader: Allan Moore</u> Max: 15 members</p> <p>Philo-sophy derives from the Greek for love-wisdom. Ethics is moral philosophy. Wisdom is more than knowledge and intelligence. It requires learning from first hand experience and gleaning from the experience/wisdom of others. 'To first know thyself' is an ancient precept in philosophy as this is our direct experience. To understand ourselves in context of awareness, consciousness, mind and its contents (matters) is at the heart of wisdom.</p>	<p>Sessions: 4</p> <p>Dates: 8 & 22/05; 5 & 19/06. Time: 10:00 – 12:00 Venue: 5/48 Berry St Cost: \$17</p>
67	<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>** Lesson fee \$5; NIL for Bomaderry Bowling Club members.</p>	<p>Sessions: 6</p> <p>Dates: 15, 22 & 29/05; 5, 12 & 19/06 Time: 1:00-3:00 Venue: Bomaderry **Cost: Bowling Club See left \$8 to U3A</p>

WEDNESDAY CONT'D

68	<p>SHOALHAVEN ECONOMIC DEVELOPMENT <u>Leader: Greg Pullen</u></p> <p>This session, presented last term, provoked much interest and discussion. If you missed it, take this second opportunity to get 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 the 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
69	<p>HISTORY AT VINCENTIA <u>Leader: Lloyd Pitcher</u></p> <p>THE CAUSES OF WORLD WAR 1 (1914 - 1918) The Great War, 'The war to end all wars', was one of the most significant events of the last century. This war and the ensuing influenza epidemic claimed 39 million lives. This presentation explores its causes, identifying which were the most significant. It also examines whether or not the conflict could have been avoided.</p> <p>THE CAUSES OF WORLD WAR 11 (1939 - 1945) The peace following World War 1 was beset with simmering problems exacerbated by The Great Depression. America was isolationist. Britian, France and Germany suffered social and economic problems. The rise of dictators in Italy, Germany and Spain assisted in failure of the security of the League of Nations by 1939, when war erupted in Europe. Japan joined the war to create an economic and political empire. Could this war also have been avoided?</p>	Sessions:	1
70	<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, so it is essential to attend all sessions. If the first or second are missed, admission to the remaining sessions is not permitted.</p>	Sessions:	4
71	<p>HYPNOSIS RELAXATION MEDITATION <u>Leader: Kenisha McAnally</u></p> <p>Hypnosis is deep breathing relaxation, which opens our unconscious mind to positive suggestions that bypass the conscious mind. The unconscious mind won't let you do anything that is against your values or standards. If you can daydream you can do hypnosis. Hypnosis is a strategy to build a tolerance for yourself against unnecessary pain, stress, addictions and weight loss or gain. Hypnosis is an internal method for communicating with your unconscious mind, reinforcing and strengthening your control, to take responsibility for your condition. There is only an upside to Hypnosis as there are no harmful side effects. Come and learn about this treatment.</p>	Sessions:	1

WEDNESDAY CONT'D

72	<p>VINCENT ON OPERA <u>Leader: Vincent Cincotta</u></p> <p style="text-align: center;"><u>Giuseppe Verdi and historical drama</u></p> <p>Nineteenth century Europe's main literary figures were fascinated by historic events. Historical drama being the vogue, most Italian opera composers were quick to set such plots to music. Verdi was no exception. Among his best known works, based on historical drama are, 'La Battaglia di Legnano', 'Simon Boccanegra', 'I Vespri Siciliani', 'Un ballo in Maschera'. His most outstanding work in the genre, according to most critics, is his 1867 'Don Carlos'.</p> <p>The libretto, by Francois-Joseph Mery and Camille Du Locle, is based on Friedrich Schiller's 1787 tragedy.</p> <p>The drama unfolds at the royal courts of France and Spain during the second half of the 1500s. At Fontainebleau, the Infante of the Spanish Hapsburgs, Don Carlos, falls madly in love with Elizabeth of Valois. For political expediency, the king of France arranges for Elizabeth to be married to Carlos' widowed father, King Philip the Second, of Hapsburg Spain....and the drama continues with severe intensity to the most unusual of endings!</p> <p>The DVD of the performance at New York's Metropolitan Opera House features Placido Domingo and Mirella Freni under the baton of James Levine. This performance, with English subtitles, will be featured over the two sessions.</p>	<p>Sessions: Berry</p> <p>Dates: 15 & 29/05</p> <p>Time: 1:00 - 3:00</p> <p>Venue: Wesley Hall Berry Uniting Church 77Albert St Berry</p> <p>Cost: \$11</p>
73	<p>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>Experienced users especially invited to come and offer assistance.</p>	<p>Sessions: 1</p> <p>Dates: 8/05</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 4/48 Berry St</p> <p>Cost: \$8 (also am MON 17/06)</p>

THURSDAY

74	<p>LET'S DO LUNCH <u>Leader: 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 style="text-align: center;">Participants will be emailed on venues.</p>	<p>Sessions: 4</p> <p>Dates: 16 & 30/05; 13 & 29/06.</p> <p>Time: 12:00 for 12:30</p> <p>Cost: \$15 for year.</p>
75	<p style="text-align: center;">A TIME TO WRITE</p> <p><u>Leader: Jan Martin</u> Max: 10 Members</p> <p>Sometimes we would like to record, document or express ideas in writing but don't allow the time. And sometimes we would like to share these thoughts. This course will allow two hours each week to begin, continue or finish some writing in a friendly, confidential, creative and quiet environment.</p> <p>Features of writing structures will be considered in some sessions and help with writing difficulties will be available if needed.</p>	<p>Sessions: 8</p> <p>Date: 9, 16, 23 & 30/05; 6, 13, 20 & 27/06.</p> <p>Time: 1:00 - 3:00</p> <p>Venue: Snr Cits Centre 39 Berry St</p> <p>Cost: \$29</p>

THURSDAY CONT'D

76	<p>MAHJONG <u>Leader: John Coghlan</u></p> <p style="text-align: center;"><u>WHY DO THIS COURSE?</u></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:	9, 16, 23 & 30/05; 6 & 13/06.
		Time:	10:00 - 12:00
		Venue:	5/48 Berry St
		Cost:	\$23
77	<p>DIANNE'S MOVIES <u>Leader: Dianne Wurr</u></p> <p style="text-align: center;">Now for the usual mix of quality films.</p> <p style="text-align: center;">Bring your lunch and or cake to eat during the show.</p> <p style="text-align: center;">Complimentary lollies sweeten the experience.....so don't miss out!!!</p>	Sessions:	6
		Cost:	Term fee \$14
		Venue:	5/48 Berry St.
	<p>CHARADE 1964 109m</p> <p>Director Stanley Donen: Cary Grant and Audrey Hepburn star in an exceptional comedy mystery. Reggie Lambert (Audrey Hepburn) returns home to find her apartment ransacked and her husband dead.</p>	Date:	9/05
		Time:	1:00 pm
	<p>IT HAPPENED ONE NIGHT (B&W) 1934 105m</p> <p>Director is Frank Capra. Stars Clark Gable and Claudette Colbert. A spoiled heiress runs away from her family and gets involved with an out of work newsman. Complications fly when they fall in love. This is the first movie honoured with all five major Oscars.</p>	Date:	16/05
		Time:	1:00 pm
	<p>AS GOOD AS IT GETS 1997 133m</p> <p>Director James L Brooks. Stars Jack Nicholson, Helen Hunt and Greg Kinnear. A comedy about the heart that goes for the throat. It does what movies are supposed to do - surprise, simulate and entertain.</p>	Date:	23/05
		Time:	1:00 pm
	<p>UNCONQUERED 1947 84m</p> <p>Director Cecil B DeMille. Stars Gary Cooper, Paulette Goddard and Howard Da Silva. Intrepid frontiersman Chris Holden (Gary Cooper) foils the political and personal ambitions of renegade Martin Garth (Howard Da Silva). Primitive in its passion and exciting in its action.</p>	Date:	30/05
		Time:	1:00 pm
	<p>CHEAPER BY THE DOZEN 1950 84m</p> <p>Director Walter Lang. Stars Clifton Webb, Myrna Loy and Jeanne Crain. The film shows typical days in the lives of a family in the 1920s, but here with 12 children and an efficiency engineer as a parent, who employs his unorthodox Time and Motion teachings on his children, there are inevitable clashes between parents and the children.</p>	Date:	6/06
		Time:	1:00 pm
	<p>THE ADVENTURES of ROBIN HOOD 1938 98m</p> <p>Director Michael Curtiz. Stars Errol Flynn, Olivia de Havilland, Basil Rathbone and Claude Rains. The film won three Academy Awards at the 11th Academy Awards. This film is an old one but one of the best. The film Robin Hood became the sixth highest grossing film of the year. Sit back and enjoy.</p>	Date:	13/06
		Time:	1:00 pm

FRIDAY

78	SHOALHAVEN SINGING FOR SENIORS <u>Leader: Judy Potter</u> The benefits of music and singing are well known, especially as we age. Through the shared joy of singing we aim to promote wellness in ageing, improve health and reduce social isolation by providing the opportunity for dementia and non dementia participants to make meaningful connections with others in the community. All your favourite tunes available! Continues weekly. Gold coin donation for morning tea.	Sessions: 1 Date: 10/05 Time: 10:30 - 12:30 Venue: Snr Cits Cntr 39 Berry St Nowra Cost: \$8
79	ART WITH CREATIVITY <u>Leader: Imelda Daniels</u> 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 unflagging assistance. Term 2 continues with studies of botanical subjects using graphite pencil, colour pencils and watercolours.	Sessions: 8 Dates: 10, 17, 24 & 31/05; 7, 14, 21 & 28/06. Time: 9:30 - 12:00 Venue: 5/48 Berry St Nowra Cost: \$29
80	FO GUANG SHAN NAN TIEN TEMPLE <u>Leader: Tony Watkin</u> Meet at Nowra end of Bomaderry train station. Take the 8:17am train (last/2nd last carriage, Kiama) to Unanderra (short platform station). Nan Tien in Chinese means "Paradise of the South" and is claimed to be the biggest Buddhist temple in the Southern Hemisphere. At Unanderra we will have a coffee stop at a hidden, but wonderful, deli. Then we will make our way over the bridge at the train station and walk to the Nan Tien temple. The walk starts off through an industrial area, but then passes the Wollongong Rose Memorial Gardens where we will take a pause and then on to the Nan Tien Temple. Plenty of walking around the temple and surrounding area. Note, the grounds of Nan Tien Temple are hilly in places. Lunch at the temple vegetarian buffet canteen (upstairs) or restaurant (downstairs, not expensive). No shorts (temple rule).	Sessions: 1 Dates: 10/05 Time: 8:00am at Bomaderry Stn Venue: Nan Tien Temple Unanderra Cost: \$8
81	MOSAICS NOWRA <u>Leader: Kim Cartledge</u> 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. New Members PLEASE BRING; 1. A3/A4 ply MDF board, pot/or saucer 2. Glue - good for tile gluing onto ceramics, pottery and timber/cardboard 3. Mosaics pieces e.g. tiles, crockey, shells, pebbles, glass pieces/stones 4. Bath/tea towel - for cutting/breaking tiles in.	Sessions: 8 Dates: 10, 17, 24 & 31/05; 7, 14, 21 & 28/06. Time: 1:00 - 3:00 Venue: Snr Cits Centre 39 Berry St Cost: \$29
82	FRENCH, INTERMEDIATE <u>Leader: Alan Madge</u> 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!	Sessions: 7 Date: 10, 17, 24 & 31/05; 14, 21 & 28/06. Time: 1:00 - 3:30 Venue: 5/48 Berry St Cost: \$26

FRIDAY CONT'D

83	<p>ARCHAEOLOGY <u>Leader: Peter Brindon</u></p> <p style="text-align: center;">EGYPT - OSIRIS AND ABIDOS</p> <p>After thousands of years of royal family strife, including that of Osiris, he can finally settle down in Abydos – but is it a happy retirement? Explore the cult of Osiris and the archaeology that supports and explains its principal site as an ancient centre of worship.</p>	Sessions: 1	Date: 7/06 Time: 1:00 - 3:00 Venue: 5/48 Berry St Cost: \$8
84	<p>BUNDANON INK WASH <u>Leader: Leanne Waterhouse</u></p> <p>This workshop is based at the riverbank where Authur Boyd painted many works from his Shoalhaven River series. Using ink and wash techniques, with drawing tools sourced from the environment, students develop confidence in expressive drawing of the iconic river and rocks. Line, movement, texture and tone are a focus. If time permits, a second drawing of Pulpit Rock using pen and limited colour is created.</p> <p>10.00am Arrive at Bundanon 10.05am Morning Tea 10.20am Walk to River 10.40am Workshop:- Visual Effects: ink and wash 12.40pm Walk back to homestead 1.00pm Lunch 1.30pm Homestead will be open for a short tour 3.00pm Home</p>	Sessions: 1	Date: 24/05 Time: 10:00 - 04:00 Venue: BUNDANON Cost: \$33 to U3A (Includes \$25 to Bundanon Trust)
85	<p style="text-align: center;">PETANQUE</p> <p><u>Leader: Albert Forgan</u> Max 10 Members</p> <p>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.</p>	Sessions: 1	Date: 10/05 Time: 10:00 - 12:00 Venue: 410 Comerong Rd NUMBAA Cost: \$8
86	<p>HISTORY NOWRA <u>Leader: Lloyd Pitcher</u></p> <p style="text-align: center;">DAME EDITH LYONS (1897-1981)</p> <p>One of the most significant women in twentieth century Australia, Dame Edith Lyons was born Edith Burrell in Duck River, Tasmania. While a trainee teacher aged 17, Enid married the Tasmanian Minister of Education, Joseph Lyons. They proceeded to have 12 children. Joseph Lyons was Prime Minister of Australia in the 1930s. Enid was made a Dame in 1937 and in 1943 became the first woman elected to the Federal House of Representatives. In 1951 Dame Enid Lyons retired from politics, wrote three books, wrote newspaper columns, made speeches and became actively involved in Australian society. One of the most significant women in twentieth century Australia,</p>	Sessions: 4	Cost: \$17 Venue: CWA Hall 39 Berry St Nowra Date: 10/05 Time: 10:00-12:00
	<p style="text-align: center;">DAME NELLIE MELBA (1861-1931)</p> <p>Nellie Melba has been described as 'Australia's first international superstar.' Nellie Mitchell was a child prodigy, singing and playing the piano and organ from the age of six. She married impulsively and left her violent husband to pursue voice training in Paris, France with Madame Mathilde Marchesi. Nellie went on to achieve fame and fortune in Britain, Europe, the United States of America and in Australia. This presentation looks at an ordinary girl with an extraordinary voice pursuing an international singing career in opera.</p>		Date: 24/05 Time: 10:00-12:00

FRIDAY CONT'D

<p>1</p>	<p>HISTORY NOWRA CONT'D <u>Leader: Lloyd Pitcher</u></p> <p align="center">DAME QUENTIN BRYCE (1942-)</p> <p>Born in Brisbane, Queensland, Quentin Strachan was educated at Brisbane's Moreton Bay College and the University of Queensland, where she attained degrees in Arts and Law. Quentin married Michael Bryce and they had five children. Quentin became active in politics and in 1978 was appointed to the National Women's Advisory Council. In 2003 she was appointed Governor of Queensland and in 2008 became Australia's first female Governor-General. She has been awarded many honours in her lifetime of outstanding service to the Australian public.</p>	<p>Date: Time:</p>	<p align="center">31/05 10:00-12:00</p>
	<p align="center">MARY MACKILLOP (1842-1909)</p> <p>Mary MacKillop was an Australian Roman Catholic nun. With Father Julian Tenison Woods, she founded the Order of the Sisters of St Joseph of the Sacred Heart and opened a school in Penola, South Australia. Mary's Josephite Order increased its work and expanded into New South Wales, Victoria and New Zealand. In 1883, the Josephites re-located their base to North Sydney, NSW. After her death in 1909, the process of canonising Mary began in 1925. In 2010, Mary MacKillop was declared Saint Mary MacKillop, Australia's first and only saint in the Roman Catholic Church. This presentation examines how an ordinary woman lived an extraordinary life</p>	<p>Date: Time:</p>	<p align="center">14/06 10:00-12:00</p>

U3A SHOALHAVEN ENROLMENT

Name (Mr/Mrs/Ms)	<u>Circle:</u> F / M																							
Address																								
Phone	Postcode																							
Email – (Important. Please PRINT CLEARLY below)																								
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***** NOTE: ANNUAL MEMBERSHIP FEE IS \$10. *****

Please enrol me in the courses with fees noted below from Newsletter. (Use 2nd form if necessary)

Please note that U3A promotional photos/videos are sometimes taken during course activities

IMPORTANT



Course No.	Course Name	Fee

Less CREDIT, Show amount here >>	
SUB - TOTAL	
Add \$10 Annual fee if not already paid	
T O T A L	

EMERGENCY CONTACT:	TEL:
What classes would you like to see?	
What classes can you run yourself?	
Can you staff our office for 4 hours once or twice during term?	
An optional U3A first name badge is available for \$15 from Shoalhaven Trophy and Engraving Centre.	

Post completed form, with cheque payable to "U3A Shoalhaven", to

U3A SHOALHAVEN
5/48 Berry St Nowra NSW 2541
 (or drop it into the office as noted below)

Early enrolment is strongly advised, as courses are cancelled if numbers are insufficient. Drop completed form with payment in envelope, into letterbox 5 at front door of building, if office closed.

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

OFFICE USE ONLY

MEMBERSHIP	\$ AMOUNTS	TOTAL \$	RECEIPT	DATE
	COURSES	CASH / CHEQ	NUMBER	

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