



NEWSLETTER TERM 3, 2019

U3A Shoalhaven

(Third Age of Learning Inc.)

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TERM 3, 2019

Monday July 29 – Friday September 20

Enrolments:

ONLINE - From 17 July. Use website address above and follow links

In the office - Thursday and Friday, July 18 and 19, 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

A warm welcome to Term 3.

There have been some changes to the committee over the last couple of months. Ros Woolmer is now Acting Secretary, replacing Joy Warton, who has moved from the area and Peter Eales replaces committee member, Coreen Berdini.

A great deal of time and effort has been put in by the committee in smoothing out the enrolment and payment system. Last term enrolment saw a majority of members enrol and pay online. Of course, enrolments are very welcome by post or in person on enrolment days.

The program for the new term is comprehensive with many popular courses continuing and interesting new ones. Hazel King returns with another of her popular garden talks, Bob Death will present Bees and Honey, Peter Tallent will give an insight on Manildra and Bridge for Beginners. Steve Swan is conducting a one-day two session presentation on Dementia/Alzheimer's, with a break for included light lunch.

I look forward to catching up with old and new members during the term.

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 3 PROGRAM...

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

ART, LITERATURE

POTTERING with PENCILS, PAINT and PAPER	MONDAY	87	NOWRA
MOSAICS	MONDAY	88	HUSKISSON
A TIME TO WRITE	THURSDAY	118	NOWRA
MOSAICS	FRIDAY	124	NOWRA
ART WITH CREATIVITY	FRIDAY	123	NOWRA

CURRENT AFFAIRS, PHILOSOPHY

PHILOSOPHY / ETHICS	WEDNESDAY	109	NOWRA
MANILDRA - MANUFACTURING LOCALLY	WEDNESDAY	106	NOWRA

ENTERTAINMENT, EXCURSIONS, TRAVEL

SMALL GROUP EDUCATIONAL TOURS	TUESDAY	98	NOWRA
GLEBE WATERFRONT WALK	TUESDAY	109	NOWRA
OPERA – VERDI; UN BALLO IN MASCHERA	WEDNESDAY	113	NOWRA
LET'S DO LUNCH	THURSDAY	117	SHOALHAVEN
JOHN'S MOVIES	THURSDAY	121	NOWRA
SHOALHAVEN SINGING FOR SENIORS	FRIDAY	122	NOWRA

HEALTH, SPORT

TENPIN BOWLING	MONDAY	89	BOMADERRY
CROQUET	MONDAY	108	NOWRA
TAI-CHI	TUESDAY	93	NOWRA
MEDITATION/COMPARATIVE RELIGIONS	TUESDAY	94	NOWRA
ROLE OF FOOD IN HEALTH	TUESDAY	99	NOWRA
DEMENTIA / ALZHEIMERS	TUESDAY	104	NOWRA
LAWN BOWLS	WEDNESDAY	107	BOMADERRY
MIND and BODY AWARENESS	WEDNESDAY	112	NOWRA
MAHJONG	THURSDAY	120	NOWRA
BRIDGE FOR BEGINNERS	FRIDAY	126	NORTH NOWRA

HISTORY, CULTURE, LANGUAGES

ITALIAN INTERMEDIATE	MONDAY	90	NOWRA
FRENCH ADVANCED	TUESDAY	97	NOWRA
FAMILY HISTORY	FRIDAY	100	NOWRA
HISTORY - CULBURRA; AUST EXPLOR'N and BEN HALL	TUESDAY	103	CULBURRA
GERMAN INTERMEDIATE	TUESDAY	96	NOWRA
SCOTTISH COUNTRY DANCING	TUESDAY	95	NOWRA
HISTORY - VINCENTIA; DAME EDITH LYONS	WEDNESDAY	110	HUSKISSON
FRENCH FOR BEGINNERS	THURSDAY	116	NOWRA
HISTORY NOWRA - AUSTRALIA IN WW1	FRIDAY	127	NOWRA
FRENCH INTERMEDIATE	FRIDAY	125	NOWRA

SCIENCE, TECHNOLOGY

TECHNOLOGY WORKSHOP	MONDAY	91	NOWRA
GARDENING - HAZEL KING	MONDAY	92	NOWRA
FORENSICS	TUESDAY	101	NOWRA
HONEY and BEES	WEDNESDAY	114	NOWRA
SCIENCE	WEDNESDAY	105	NOWRA
TECHNOLOGY WORKSHOP	WEDNESDAY	115	NOWRA
SHOALHAVEN WATER SYSTEM	WEDNESDAY	111	NOWRA
NATIONAL SCIENCE WEEK OUTLINE	THURSDAY	119	HUSKISSON

MONDAY

87	POTTERING with PENCIL, PAINT and PAPER <u>Leader: Don Bastock</u> Max 12 Members	Sessions: 8 Dates: 29/7; 5, 12, 19 & 26/08; 2, 9, 16/9. Time: 9:30 - 11:30 Venue: 5/48 Berry St Cost: \$29
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.		
88	MOSAICS at Jervis Bay Maritime Museum <u>Leaders: Lulu Davies, Val Starling</u> Max 22 Members	Sessions: 8 Dates: 29/7; 5, 12, 19 & 26/08; 2, 9, 16/9. Time: 10:00 - 1:00 Venue: Woollamia Rd & Dent St HUSKISSON Cost: \$26
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, crockery, shells, pebbles, glass pieces/stones 4. Bath/tea towel - for cutting/breaking tiles in.		
89	TENPIN BOWLING <u>Leader: Kim Cartledge</u>	Sessions: 8 Dates: 29/7; 5, 12, 19 & 26/08; 2, 9, 16/9. Time: 10:30 - 12:00 Venue: S'haven City Lanes, Narang Rd Nowra \$8 to U3A Cost:
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.		
90	INTERMEDIO ITALIANO CONTINUA Max: 12 Members <u>Facilitator: Jane Davidson</u> <u>Co-ordinator: Eric Courtney</u>	Sessions: 8 Dates: 29/7; 5, 12, 19, 26/8 ;2, 9, 16/09. Time: 1:00 - 3:30 Venue: 5/48 Berry St Cost: \$29
Ci fa piacere imparare questa belle lingua! 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.		
91	TECHNOLOGY WORKSHOP <u>Leader: Eric Courtney</u>	Sessions: 1 Dates: 26/8 Time: 10:00 - 12:00 Venue: 4/48 Berry St **Cost \$8** (also am WED 31/7)
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 to assist (Fee-free enrolment on the day).		

MONDAY CONT'D

92	PARTERRES, KNOT GARDENS, LABYRINTHS and MAZES <u>Leader: Hazel King</u>	Sessions:	1
<p>Learn about the history and development of these garden and landscape features. The importance of mazes and labyrinths in the spiritual and social beliefs of different cultures will be studied.</p> <p>The first puzzle mazes appeared 500 ago, the labyrinth 4,000 years ago. Of particular interest is the great number of mazes that have been designed and installed in the last fifty years.</p>		Dates:	26/8
		Time:	1:00 - 3:00
		Venue:	5/48 Berry St
		Cost:	\$8

TUESDAY

93	TAI CHI FOR ARTHRITIS <u>Leader: Joanne Fabri</u>	Sessions:	1
<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>		Date:	30/7.
		Time:	5:30pm
		Venue:	**(See left)
		Cost:	\$8 to U3A
94	MEDITATION/COMPARATIVE RELIGIONS <u>Leader: Janice Lunnon</u>	Sessions:	6
<p>The study of Buddhism will be covered this term. The first hour, learning Buddhist meditation - chakras, mantras and mindfulness exercises eg. painting, walking meditation/visualization.</p> <p>The second hour - history, geography, beliefs, Zen, the Tao, philosophers / poetry / writings, modern Buddhism.</p> <p>Everyone welcome. Discussion welcome. The course Leader has spent 30 years in the study of Meditation / Theosophy.</p>		Dates:	30/7; 6, 13, 20 & 27/8 & 3/9.
		Time:	1:00-3:00
		Venue:	5/48 Berry St
		Cost:	\$23
95	SCOTTISH COUNTRY DANCING <u>Leader: Eleanor Risby</u>	Sessions:	1, then weekly.
<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>There is no charge for the continuing weekly sessions at St Andrews Church Hall. Wear flat, flexible soled shoes and casual clothes.</p>		Date:	30/7.
		Time:	7:00-8:30pm
		Venue:	5 Kinghorne St
		Cost:	\$8
96	GERMAN, INTERMEDIATE <u>Leader: Anna Holt</u>	Sessions:	7
<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>		Dates:	30/7; 6, 13, 20/8; 3, 10 & 17/9.
		Time:	1:15-3:15
		Venue:	Snr Cits Centre 39 Berry St
		Cost:	\$26
97	FRENCH, ADVANCED <u>Leader: Carmel Smallwood</u>	Sessions:	8
<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>		Dates:	30/7; 6, 13, 20 & 27/8; 3, 10 & 17/9.
		Time:	4:15 - 5:15
		Venue:	5/48 Berry St
		Cost:	\$29

TUESDAY CONT'D

98	SMALL GROUP EDUCATIONAL TRAVEL PROGRAMS <u>Leaders: Denis Simond and Lloyd Pitcher</u>	Sessions: 1 Date: 13/8 Time: 10:00 - 12:00 Venue: 4/48 Berry St Cost: NIL
Travel U3A features small group tours of 7 or 8 participants, exploring History, Natural and National Heritage and various 'special interests'. This session outlines the programs planned for the remainder of this year which include Gardens of the Riverina (5 days / 4 nights), Victoria's Gardens (7 days / 6 nights) and Tasmania's Natural and National Heritage (11 days / 10 nights). The Crookwell Garden Festival (3 days / 2 nights) and Cherries for Christmas in Young (3 days / 2 nights) are also included. Although Travel U3A is a separate entity to the U3A movement, it is operated on the U3A ethos so that no salaries nor profit are paid or generated, ensuring very competitive costs.		
99	THE ROLE OF FOOD IN HEALTH <u>Leader: Allan Moore</u>	Sessions: 3 Date: 6 & 20/8; 3/9. Time: 10:00 – 12:00 Venue: 5/48 Berry St Cost: \$14
Whatever we eat has a bearing on our health. Yet it is just as important to understand why we eat and its 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.		
100	FAMILY HISTORY <u>Leader: Marianne Faull</u>	Sessions: 2 Date: 20 & 27/8. Time: 10:00 – 12:00 Venue: The Old Pyree School 888 Greenwell Point Rd PYREE Cost: \$11
Family histories tell the stories of families and the times they lived in; their trials and triumphs, highs and lows, hardships and successes and their saints and sinners. Skeletons are dragged out of the cupboard and names are brought to life. This often helps us understand why our grandparents and parents were the way they were and helps us begin to understand ourselves. Learn how to grasp the basics, organise research, use the resources now available to family historians, coax information out of reluctant family members and direct research where it needs to go. As August is 'Family History Month', it's time to get started on yours.		
101	FORENSICS <u>Leader: Juan Alvarez</u>	Sessions: 3 Dates: 30/7; 13 & 27/8; 10/9. Time: 10:00-12:00 Venue: 5/48 Berry St Cost: \$17
The focus this term is on the forensics involved in identifying crime clues from the written word and examination and detection of forgeries in the art world. This series covers many of the huge number of written word analyses applied in the forensics quest to resolve crimes, including – handwriting profiling, disguised handwriting, charred paper reconstruction, language styles, photography, chromatography, microscopy and very many others.		
102	GLEBE WATERFRONT WALK <u>Leader: Mollie Robinson</u>	Sessions: 1 Dates: 27/8 Time: 6:30am-6:00pm Venue: 6:43am Train Bomaderry Cost: \$8
This 3kms flat interactive walk follows the Rozelle and Blackwattle Bay foreshores and finishes at the Sydney Fish Markets. The industrial wharves which lined the bays were demolished in the 1970's and replaced with Parkland and a beautiful waterfront walk, allowing outstanding views of the city from a different perspective. If time permits, coffee may be purchased in historic 'Bellvue', built for local publican William Jarrett in 1896 and restored in 2006. The walk continues to the redeveloped Sydney Fishmarkets where lunch may be purchased.		

TUESDAY CONT'D.

103	<p>HISTORY AT CULBURRA <u>Leader: Lloyd Pitcher</u></p> <p>CROSSING THE BLUE MOUNTAINS To the settlers of Sydney in 1788, the Blue Mountains were like prison walls. As the infant colony grew, so did the need for more cropping and grazing land. Lieutenant Dawes made the first recorded crossing attempt in 1789. Frenchman Ensign Francis Barrallier - aide-de-camp to Governor King - reached the furthest in 1802. Blaxland, Wentworth and Lawson developed a different strategy in 1813 that successfully crossed the mountains and opened up the western lands of New South Wales to exploration, settlement and development.</p> <p>BEN HALL 1837-1865 Ben Hall was a notorious outlaw who operated in the central west of New South Wales. His attempt to start married life as a farmer near Grenfell failed and he turned to bushranging. Hall was a member of Frank Gardiner's gang which, in 1862, held up and robbed the gold escort coach at Eugowra Rocks. With John Gilbert and John Dunn, Hall committed over 600 armed robberies until he was finally shot and killed by police on 05 May 1865. In only four years of bushranging, Ben Hall and his gang attacked travellers, drays, family homesteads and gold escorts. Why did Ben Hall turn to a life of crime and why did so many people support him?</p>	<p>Sessions: 1</p> <p>Date: 6/8 Time: 10:00-12:00 Venue: Community Centre in IRT Village Culburra Rd Culburra Beach</p> <p>Cost: \$8</p>
104	<p>DEMENTIA - AWARENESS and UNDERSTANDING <u>Leader: Steve Swan</u></p> <p>Steve will present a two session seminar on this condition on the same day, with a break for included light lunch.</p> <p>Session 1 deals with the various elements of cognition and dementia and their identification, while session 2 covers caring for those with dementia and how they can and do function within our community.</p>	<p>Sessions: 2</p> <p>Date: 17/9. Time: 10:00 - 12:00 & 1:00 - 3:00. Venue: 5/48 Berry St Cost: \$22</p>

WEDNESDAY

105	<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. <u>NOTE: Only 2 sessions this term.</u></p>	<p>Sessions: 2</p> <p>Dates: 7 & 21/8. Time: 10:00 - 12:00 Venue: 5/48 Berry St Cost: \$11</p>
106	<p>MANILDRA - MANUFACTURING LOCALLY <u>Leader: 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.</p> <p>This presentation covers:</p> <ul style="list-style-type: none"> *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 for producing them (along with the chance to smell and taste). *Questions welcome. 	<p>Sessions: 1</p> <p>Dates: 7/8 Time: 1:00-3:00 Venue: 5/48 Berry St Cost: \$8</p>
107	<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: 7, 14, 21 & 28/8; 4 & 11/9. Time: 1:00-3:00 Venue: See text left **Cost: \$8 to U3A</p>

WEDNESDAY CONT'D

108	<p>CROQUET <u>Leaders: Anne & John Woods</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: 21/8 Time: 9:30-12:30 Venue: Nowra Showground. Cost: \$8 to U3A</p>
109	<p style="text-align: center;">PHILOSOPHY / ETHICS</p> <p><u>Leader: Allan Moore</u> <u>Max: 15 members</u></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: 31/7 & 14/8; 28/8 & 11/9. Time: 10:00 – 12:00 Venue: 5/48 Berry St Cost: \$17</p>
110	<p>HISTORY AT VINCENTIA <u>Leader: Lloyd Pitcher</u></p> <p>DAME EDITH LYONS (1897-1981) 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.</p>	<p>Sessions: 1</p> <p>Date: 11/9.</p> <p>Time: 10:00 - 12:00</p> <p>Venue: Jervis Bay Maritime museum Woollamia Rd & Dent St HUSKISSON</p> <p>Cost: \$8</p>
111	<p>SHOALHAVEN WATER SYSTEM <u>Leader: Eric Courtney</u></p> <p>Join this City Council tour bus at the Nowra showground pavilion for an enlightening tour of the works where our clean water is treated to learn where it originates and what is done to make it the best in Australia, if not the world. Enjoy an included generous morning tea, then see and understand where and how our waste water is managed and made available for re-use in our surrounding rural industries. NOTE: Actual tour date may vary by a few days but will be confirmed a week in advance.</p>	<p>Sessions: 1</p> <p>Dates: 18/9 Time: 10:00-1:00 Venue: See text left Cost: \$8</p>
112	<p>MIND and BODY AWARENESS <u>Leader: Lyn 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 and 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 as many of the exercises are done on the floor.</p>	<p>Sessions: 4</p> <p>Dates: 31/7; 7, 14 & 21/8 Time: 1:00-3:00 Venue: Snr Cits Centre 39 Berry St Cost: \$17</p>

WEDNESDAY CONT'D

113	<p>VINCENT ON OPERA <u>Leader: Vincent Cincotta</u></p> <p style="text-align: center;">GIUSEPPE VERDI AND HISTORICAL DRAMA <u>Un Ballo in Maschera</u></p> <p>Nineteenth Century Europe and its main literary figures were fascinated by its past historical events. Historical drama was the vogue and most Italian opera composers were quick to set the 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, along with a host of other titles.</p> <p>Our series began with Verdi's 1867 Don Carlo based on Friedrich Schiller's 1787 tragedy. The next Verdi opera in this historical drama series is the three act 1859 Un Ballo in Maschera, with a libretto by Antonio Somma, based on Eugene Scribe's Gustave III ou Le bal masque.</p> <p>The drama unfolds in 1790s Sweden. King Gustavus III's reforms have inspired talks of assassination among the conservative nobility. The plan is to kill the king during a masked ball where anonymity will be assured.....or is it?</p> <p>The two sessions (August 14, August 28) will feature a DVD recording of the performance with English sub-titles given at the Covent Garden Royal Opera House in London, featuring Piero Cappuccilli with Placido Domingo as King Gustavus and Katia Ricciarelli as Amelia. The orchestra is under the baton of Claudio Abbado.</p>	<p>Sessions: 2</p> <p>Dates: 14 & 28/8</p> <p>Time: 1:00 - 3:00</p> <p>Venue: Wesley Hall Berry Uniting Church 77Albert St Berry</p> <p>Cost: \$11</p>
114	<p>HONEY and BEES <u>Leader: Bob Death</u></p> <p>Learn about the importance of bees to our world and what is being done to look after them.</p> <p>Gain insight into the workings of backyard beekeeping, including honey production and harvesting.</p> <p>Take away from this session a clear understanding of what to do to help bees maintain their vital (to us) role in our eco-support system.</p>	<p>Sessions: 1</p> <p>Date: 11/9</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$8</p>
115	<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 to assist (Fee-free enrolment on the day).</p>	<p>Sessions: 1</p> <p>Dates: 31/7</p> <p>Time: 1:00 - 3:00</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$8 (also am MON 26/8)</p>

THURSDAY

116	<p style="text-align: center;">FRENCH FOR BEGINNERS</p> <p><u>Tutor: Alan Madge</u> <u>Max 12 Members</u></p> <p>This is a course for those who have never done French before or at least, not for some time. Students will need to acquire the 'French for Dummies' text which will be supplemented by handouts and Audio Visual resources (eg., YouTube). Participants will need to do at least two hour's homework per week.</p>	<p>Sessions: 7</p> <p>Dates: 1, 8, 15, 22/8 & 5, 12 & 19/9.</p> <p>Time: 10:00 - 12:00</p> <p>Venue: 5/48 Berry St.</p> <p>Cost: \$26</p>
117	<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: 1, 15, 29/8; 12/9.</p> <p>Time: 12:00 for 12:30</p> <p>Cost: \$15 for year.</p>

THURSDAY CONT'D

118	A TIME TO WRITE Leader: Jan Martin Max: 10 Members Writing is a great way to express thoughts and feelings. This writing group has been meeting over two terms... some people have left and others have joined. We write at home, sometimes in class and share when we want to. There are 'exercises' to prompt creativity and some people adapt these to a particular project such as a family history. Sometimes the writing just 'stands alone' as an expression of memory, experience or imagination. Whether you are a 'new' writer, out of practice or prolific, you are welcome to join this group and discover the joy of the process and the result, in a confidential, creative environment.	Sessions: 8 Date: 1, 8, 15, 22, 29/8; Time: & 5, 12, 19/9. Venue: 1:15 - 3:15 Snr Cits Centre 39 Berry St Cost: \$29
119	NATIONAL SCIENCE WEEK Leader: Merilynn Weiss JERVIS BAY MARITIME MUSEUM This year's theme of National Science Week is "Destination Moon: more missions, more science", honouring the 50th anniversary of the Apollo 11 lunar landing. The museum will host more than 25 science-based events in this week from 9 - 18 August. Merilynn previews the depth and scope of this science festival.	Sessions: 1 Date: 1/8 Time: 10:00 - 11:00 Venue: Woollamia Rd & Dent St HUSKISSON Cost: \$8
120	MAHJONG Leader: John Coghlan WHY DO THIS COURSE? 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. If you have a mahjong set, please bring it along.	Sessions: 6 Date: 1, 8, 15, 22 & 29/8; 5/9. Time: 10:00 - 12:00 Venue: 5/48 Berry St Cost: \$23
121	JOHN'S MOVIES Leader: John Green Now for the usual mix of quality films. Bring your lunch and or cake to eat during the show. Complimentary lollies sweeten the experience..... so don't miss out!!!	Sessions: 6 Cost: Term fee \$14 Venue: 5/48 Berry St.
	EMMA 111m 1996 Dir. Douglas McGrath with Gwyneth Paltrow and Toni Colette. Stylish, clever re-telling of Jane Austen's novel. Fine acting and great production values make this an excellent film.	Date: 1/8 Time: 1:00 pm
	GRAND ILLUSION 117m 1937 Dir. Jean Renoir with Jean Gabin, Pierre Fresnay and Erich von Stroheim. Gripping story enhanced by superb acting made this one of the best films of the 20th century. Simply a classic.	Date: 8/8 Time: 1:00 pm
	INDISCREET 96m 1958 Dir. Stanley Donen with Ingrid Bergman and Cary Grant. Most enjoyable comedy of romance and revenge. Two top stars in fine form.	Date: 15/8 Time: 1:00 pm
	THE PETRIFIED FOREST 83m 1936 Dir. Archie Mayo. Leslie Howard, Bette Davis, Humphrey Bogart. Excellent adaptation of the smash hit Robert Sherwood play. Fine acting; Bogart's first screen villain.	Date: 22/8 Time: 1:00 pm
	QUARTET 94m 2012 Dir. Dustin Hoffman. Maggie Smith, Tom Courtenay and a galaxy of terrific character actors. A film for the mature and a joy to watch.	Date: 29/8 Time: 1:00 pm
	FOUR WEDDINGS AND A FUNERAL 117m 1994 Dir. Mike Newell. Hugh Grant and Andie MacDowell lead a talented cast in a fun movie to end the term	Date: 5/9 Time: 1:00 pm

FRIDAY

122	<p>SHOALHAVEN SINGING FOR SENIORS <u>Leader: Judy Potter</u></p> <p>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!</p> <p style="text-align: center;">Continues weekly. Gold coin donation for morning tea.</p>	<p>Sessions: 1</p> <p>Date: 2/8</p> <p>Time: 10:30 - 12:30</p> <p>Venue: Snr Cits Cntr 39 Berry St Nowra</p> <p>Cost: \$8</p>
123	<p style="text-align: center;">ART WITH CREATIVITY</p> <p><u>Leader: Imelda Daniels</u> <u>Max: 12 Members</u></p> <p>This course has now developed into a continuing activity for those who have attended part or all of the course since its inception in Term 1 2018 and is now unable to take in beginners.</p> <p>Imelda this Term (3, 2019) will be available only for three workshops, the first of which will run on 2Aug, when the dates for the remainder will be mutually agreed. The Term 3 theme for this course is "Having fun with acrylics".</p> <p>Course members are invited to attend on the non workshop dates, working on a mutually supportive basis, sharing ideas and suggestions and critiquing each others' works as requested.</p>	<p>Sessions: 8</p> <p>Dates: 2, 9, 16, 23 & 30/8; 6, 13 & 20/9.</p> <p>Time: 9:30 - 12:00</p> <p>Venue: 5/48 Berry St Nowra</p> <p>Cost: \$29</p>
124	<p style="text-align: center;">MOSAICS NOWRA</p> <p><u>Leader: Kim Cartledge</u> <u>Max: 12 Members</u></p> <p>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.</p> <p>New Members PLEASE BRING;</p> <ol style="list-style-type: none"> 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, crockery, shells, pebbles, glass pieces/stones 4. Bath/tea towel - for cutting/breaking tiles in. 	<p>Sessions: 8</p> <p>Dates: 2, 9, 16, 23 & 30/8; 6, 13 & 20/9.</p> <p>Time: 1:00 - 3:00</p> <p>Venue: Snr Cits Centre 39 Berry St</p> <p>Cost: \$29</p>
125	<p>FRENCH, INTERMEDIATE <u>Leader: Alan Madge</u></p> <p style="text-align: center;"><u>Max: 12 members</u></p> <p>This course has progressed to around year 10 high school standard and is now unable to take in beginners.</p> <p>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.</p> <p style="text-align: center;">Homework is an essential element!</p>	<p>Sessions: 7</p> <p>Date: 2, 9, 16 & 23/8; 6, 13 & 20/9.</p> <p>Time: 1:00 - 3:30</p> <p>Venue: 5/48 Berry St</p> <p>Cost: \$26</p>
126	<p>BRIDGE FOR BEGINNERS <u>Leader: Lydia Adams</u></p> <p style="text-align: center;"><u>Max: 12 members</u></p> <p>Have you ever wondered what the game of Bridge is all about?</p> <p>Over the 8-week course, conducted by experienced teacher and player, Lydia Adams, you will learn the basics of this very popular and interesting game. It is a very good way to keep the brain active and to make new friends. Some knowledge of card playing is advisable but certainly not necessary.</p> <p>A recommended teaching manual (cost \$20) will be available for purchase. Lessons will be held at the North Nowra Community Centre, the home of Nowra Bridge Club, in Hood Close, behind the shopping centre.</p> <p>So come along and try your hand (and brain) at the best card game of all.</p>	<p>Sessions: 8</p> <p>Date: 26/7; 2, 9, 16, 23, 30/8; 6 & 13/9</p> <p>Time: 9:30 - 12:00</p> <p>Venue: See text left</p> <p>Cost: \$29</p>

FRIDAY CONT'D

127	<p>HISTORY NOWRA <u>Leader: Lloyd Pitcher</u></p> <p style="text-align: center;">AUSTRALIA AND THE BOER WARS</p> <p>The Boer War was part of British imperial expansion and consolidation in nineteenth century southern Africa. The arrival of the Dutch East India Company resulted in an influx of Dutch settlers from 1652. The dictatorial style of the Company drove the settlers away from Cape Town to the north and east. The Boertrekkers found new lands and later established the independent Republics of Orange Free State and Transvaal. In 1795 the British arrived and annexed Natal and the Republics, leading to the First Boer War 1880-1881. In 1886, the discovery of gold and diamonds near Johannesburg brought a flood of prospectors, mainly British, who demanded the right to vote. Britain, pursuing its colonial ambitions, sent in troops and the Second Boer War began in 1899. Australia provided 3,000 soldiers who proved to be very successful in assisting the British. The war finally ended in 1902.</p>	<p>Sessions: 4</p> <p>Cost: \$17</p> <p>Venue: CWA Hall 39 Berry St Nowra</p> <p>Date: 2/8</p> <p>Time: 10:00-12:00</p>
	<p style="text-align: center;">AUSTRALIA AND WORLD WAR 1: GALLIPOLI 1915-1916</p> <p>When Britain became involved in the Great War, Australian Prime Minister Andrew Fisher declared Australia would support Britain 'to the last man and the last shilling'. Volunteer troops from Australian and New Zealand (ANZACs) were sent to the Gallipoli Peninsula to support British and French troops. After nine months of futile attacks and many casualties, the ANZACs were evacuated. Events of this military campaign were to become, later, a significant part of our ANZAC Day commemorations.</p>	<p>Date: 16/8</p> <p>Time: 10:00-12:00</p>
	<p style="text-align: center;">AUSTRALIA AND THE DESERT WAR 1915-1918</p> <p>World War I war in the desert is Australia's forgotten war. The Australian Light Horse did not get the media coverage of Gallipoli or the Western Front and, as a result, did not form a significant part of Australia's commemorations of sacrifice in war. The Desert War featured the last cavalry charge in history. The success of the Australian Light Horse helped create the legend of Lawrence of Arabia and led to the Armistice with Turkey on 30 Oct 1918.</p>	<p>Date: 30/8</p> <p>Time: 10:00-12:00</p>
	<p style="text-align: center;">AUSTRALIA AND THE WESTERN FRONT WW1</p> <p>In 1916, Australian soldiers went from Gallipoli to Fromelles in northern France, to the horrors of trench warfare. Over 5,000 Australians were killed there in one night. Another 60,000 were killed in major battles including those at Passchendaele, Pozieres, Villers-Bretonneux and Bullecourt. In 1918, Australians, led by Sir John Monash, broke through the German Hindenburg Line, helping to bring the war to an end on 11 November 1918.</p>	<p>Date: 13/9</p> <p>Time: 10:00-12:00</p>

U3A SHOALHAVEN ENROLMENT

Name (Mr/Mrs/Ms)	<u>Circle:</u> F / M																			
Address																				
Phone _____ Postcode _____ Email – (<u>Important</u> ; 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.

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\$ AMOUNTS		TOTAL \$	RECEIPT	D A T E
MEMBERSHIP	COURSES	CASH / CHEQ	NUMBER	
\$	\$	\$		/ / 2019

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