

TERM 3, 2021.

ACTIVITIES BROCHURE



U3A
SHOALHAVEN



LEARNING FOR LIFE

ACTIVITIES BROCHURE TERM 3, 2021
U3A Shoalhaven (Third Age of Learning Inc.)
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TERM 3, 2021
Monday July 26 - Friday 16 September 2021

Enrolments:

ONLINE - From Wed 14 July. Use website address above and follow links
In the office - Thursday and Friday, July 15 and 16, between 10:30am and 2:30pm
Alternately post 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 MESSAGE

Well, just as it seemed a more normal future was dawning, COVID springs another trick or two on us. Being Pessimistic - it's possible that the restrictions currently being applied in Sydney will reach the Shoalhaven and drive our activities into the dust like happened in Term 2 last year. Being Realistic - even if the Sydney lockdown is extended a bit we will be well and truly OK unless there is an outbreak here because Term 3 activities do not start till July 26. Our COVID safety plans have worked really well so far and we continue to comply with NSW Health guidelines. And on that optimistic note, let me tell you about some of the great things we have planned for Term 3. We are very keen to bring the delights of U3A to more retirees, so we are introducing a 'come and try' option. You can bring a friend to any session of any activity you are enrolled in to give them a free trial of U3A. They can then sign up/enrol if they want to attend any further U3A activities. With all that space already taken up, I've hardly any room to mention that yes, pretty much all your old favourite activities are back, led by History, our most popular offering. In addition, you can learn to sing, dance, write, bowl, meditate, make holiday movies or speak a new language. If that doesn't suit, you can visit ancient Cairo with Patrick, holiday Destinations with Terry, Africa with Peter, the Steelworks, Shoalhaven waterworks, or the local Uni. And just on COVID, Tim is giving his excellent update on this on a different day this term. Finally, don't let the current COVID situation in Sydney stop you enrolling in our Term 3 activities. We run a very COVID safe ship and in the unlikely event that everything has to be delayed or stalled, we'll refund or credit all monies.

Warren Mason

2021 Management Team

President: Warren Mason

Vice President : Terry Crockford
Secretary: Jude Papesch
Treasurer: Helen Benefer
Assist Treasurer: Timothy Billington
Webmaster: Peter Eales
Publicity: Glenis Brooking
Course Co-ordinator: Eric Courtney
U3A NSW Liaison, Denis Simond
Committee, Deidre Reid, Colin Bell

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!

	Sess'ns		P#	
ART, LITERATURE				
MOSAICS	8	MONDAY	4	HUSKISSON
MAGIC STREET OF MEDIEVAL CAIRO	1	MONDAY	4	NOWRA
ART FOR PLEASURE	8	TUESDAY	5	NOWRA
TIME TO WRITE	8	TUESDAY	5	NOWRA
BOOK CLUB	4	WEDNESDAY	8	NOWRA
MAGIC STREET OF MEDIEVAL CAIRO	1	FRIDAY	11	BERRY
CURRENT AFFAIRS, PHILOSOPHY				
SHOALHAVEN, Strength in development	1	MONDAY	5	NOWRA
JUST WHAT IS SARS CoV-2 and CoViD-19?	1	MONDAY	4	NOWRA
ENTERTAINMENT, EXCURSIONS, TRAVEL				
COFFEE CLUB TUES	8	TUESDAY	7	NOWRA
OPERETTAS	4	WEDNESDAY	8	NOWRA
UNIVERSITY OF WOLLONGONG Shoalhaven	1	WEDNESDAY	8	MUNDAMIA
WHITE SANDS WALK	1	THURSDAY	9	VINCENTIA
LET'S DO LUNCH	4	THURSDAY	9	SHOALHAVEN
JOHN'S MOVIES	6	THURSDAY	9	NOWRA
COFFEE CLUB THU	8	THURSDAY	9	NOWRA
SHOALHAVEN WATER SYSTEM TOUR	1	FRIDAY	10	NOWRA
STEELWORKS TOUR	1	FRIDAY	11	CONISTON
DESTINATION	3	FRIDAY	12	NOWRA
HEALTH, SPORT				
AQUA AEROBICS	1	MONDAY	4	BOMADERRY
TENPIN BOWLING	8	MONDAY	4	BOMADERRY
CROQUET BOMADERRY	3	MONDAY	5	BOMADERRY
MEDITATION, BEGINNER	7	MONDAY	5	NOWRA
GARDENING	4	WEDNESDAY	7	NOWRA
TAICHI - QIGONG	1	WEDNESDAY	7	NOWRA
LAWN BOWLS	6	WEDNESDAY	7	BOMADERRY
CROQUET WEST ST	4	WEDNESDAY	7	NOWRA
MAHJONG	6	THURSDAY	10	NOWRA
HISTORY, CULTURE, LANGUAGES				
ITALIANO INTERMEDIO	8	MONDAY	4	NOWRA
HISTORY, CULBURRA - John Wilson, Vaudeville	1	TUESDAY	6	CULBURRA
GERMAN INTERMEDIATE	7	TUESDAY	6	NOWRA
SCOTTISH COUNTRY DANCING	1	TUESDAY	6	NOWRA
SPANISH, ELEMENTARY	7	TUESDAY	6	NOWRA
LEARN TO SING	8	WEDNESDAY	7	NOWRA
RUSSIA; FROM LENIN TO PUTIN	6	WEDNESDAY	8	NOWRA
FRENCH ELEMENTARY	7	THURSDAY	9	NOWRA
FRENCH INTERMEDIATE	7	FRIDAY	10	NOWRA
ARCHAEOLOGY - AFRICA, by request	1	FRIDAY	10	NOWRA
SHOALHAVEN SINGING FOR SENIORS	8	FRIDAY	10	NOWRA
HISTORY, BERRY - Highland Clearances	1	FRIDAY	11	BERRY
HISTORY, NOWRA - Significant Australians	4	FRIDAY	13	NOWRA
SCIENCE, TECHNOLOGY				
BASIC TECHNOLOGY	2	MONDAY	5	NOWRA
HOLIDAYS RELIVED	4	FRIDAY	8	NOWRA
BEEES FOR THE HUMAN RACE	1	FRIDAY	10	NOWRA

MONDAY

84	<p>MOSAICS Jervis Bay Maritime Museum <u>Leaders: Lulu Davies, Val Starling, Janice Hughes</u> Max 20 Members</p> <p>Have you ever wanted to learn Mosaics? Lulu, Val and Janice 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.</p>	<p>Sessions 8</p> <p>Date/s 26/7; 2, 9, 16, 23 & 30/8; 6 & 13/9.</p> <p>Time 10:00 - 1:00</p> <p>Venue Woollamia Rd & Dent St HUSKISSON</p> <p>Cost \$32</p>
85	<p>TENPIN BOWLING <u>Leader: Kim Cartledge</u></p> <p>If you thought this was beyond you - think again! Modern lane technology facilitates your game, even if the body isn't as able as it was when you last played. There is a COVID Safe plan in operation to minimise risk. Members who have been enjoying this activity extend a friendly invitation to the members who are missing out - come and join them for the exercise and the fun of it at S'haven City Lanes! Lane charge per session \$8 includes shoe hire.</p>	<p>Sessions 8</p> <p>Date/s 26/7; 2, 9, 16, 23 & 30/8; 6 & 13/9.</p> <p>Time 10:30 - 12:00</p> <p>Venue Narang Rd Nowra</p> <p>Cost \$10 to U3A</p>
86	<p>JUST WHAT IS SARS CoV-2 and CoViD-19? <u>Tutor: Dr Timothy Billington</u></p> <p>Dr Billington, formerly a lecturer in medical science at Oxford University, will outline the two components of this virus and the general principles of how we gain immunity, covering particularly Antigens, Antibodies and Antigen/Antibody complexes. He will also speak about the 3 types of vaccines against CoViD disease - how they are made, what they are designed to do and the specific antibodies involved. As well, he will discuss the Pfizer vaccine side effects after the first and second doses.</p>	<p>Sessions 1</p> <p>Date 2/8</p> <p>Time 1:00 - 3:00</p> <p>Venue 5/48 Berry St</p> <p>Cost \$10</p>
87	<p>ITALIANO INTERMEDIO CONTINUA <u>Facilitator: Eric Courtney</u></p> <p style="text-align: center;">Ci fa piacere imparare questa bella lingua!</p> <p>This course is in its third year, so is unable to take beginners. New entrants will need a good level of prior study. The class is a self teaching group using the 'Basic Italian Grammar' text and 'Italian for Dummies' as tools for grammar study and practical work. Fun and Homework are essential!</p>	<p>Sessions 8</p> <p>Date/s 26/7; 2, 9, 16, 23 & 30/8; 6 & 13/8.</p> <p>Time 1:00 - 3:00</p> <p>Venue 4/48 Berry St</p> <p>Cost \$29</p>
88	<p>MAGIC STREET IN MEDIEVAL CAIRO <u>Presenter: Patrick De Gabriele</u></p> <p>Running between two massive medieval gates, this kilometre-long street was the main urban focus of economic and religious life for many years and even now contains a treasury of Islamic architecture – mosques, madrasas, bazaars, bath-houses and residences, built over a period of nine centuries. Al-Muizz Street is World Heritage listed by UNESCO, but it's by no means a museum, housing hundreds of thousands of people still living and working there. This illustrated talk will look at both the cultural splendours of the street and the vitality of the ordinary inhabitants.</p>	<p>Sessions 1</p> <p>Date/s 9/8</p> <p>Time 10:00 - 12:00</p> <p>Venue CWA HALL 39 Berry St</p> <p>Cost \$10</p>
89	<p>AQUA AEROBICS <u>Leader: Aqua Instructor</u></p> <p>Aqua Aerobics Classes are held in the Bomaderry Indoor 25m pool (heated to 32°C). Due to COVID, only 20 people are allowed per class. Classes are 45 mins and are held: Mon to Fri at 10am, Tues 8am, Wed 8.30am and Thurs 11am. All classes must be prebooked and attendees must give details for COVID tracing. Attend as many classes as you can manage. Forms and other information will be forwarded to participants on enrolment so they are able to take advantage of the discounts / concessions. Enrol anytime during the term.</p>	<p>Sessions See text</p> <p>Date/s Ongoing,</p> <p>Time/s SEE TEXT.</p> <p>Venue Bomaderry Aquatic Centre 127 Cambewarra Rd.</p> <p>Cost \$10 to U3A</p>

MONDAY CONT'D

90	<p>SHOALHAVEN ECONOMIC DEVELOPMENT <u>Leader: Greg Pullen</u></p> <p>This session presents a broad view 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:	23/8 10:00 - 12:00 5/48 Berry St \$10
91	<p>CROQUET BOMADERRY Max: 8 Players <u>Leader: Margaret Sawers</u></p> <p>Nowra Croquet Club invites you to learn this challenging, friendly and fun sport at their grounds opposite the Bomaderry Aquatic Centre.</p> <p>Club members will assist Margaret with the 3 weekly sessions to get you started. All equipment is supplied.</p> <p>Wear flat soled shoes and shorts or slacks.</p>	Sessions Date/s Time Venue Cost	3 26/7; 2 & 9/8. 1:00 – 3:00 127 Cambewarra Rd, Bomaderry. \$10 to U3A \$18 to Club
92	<p>MEDITATION, BEGINNER <u>Leader: Janice Lunnon</u></p> <p>Janice, a Theosophist with over 30 years meditation experience and a Teaching Diploma, will cover simple, short, multi-varied techniques from across many belief systems -</p> <p>Breath work, walking meditation, music, short mantras, visualisation, vowel sound work, chakra focus (out loud/silent) and also relaxation techniques to aid sleep.</p> <p>Notes will be provided.</p>	Sessions Date/s Time Venue Cost	7 26/7; 2, 9, 16 & 30/8; 6 & 13/8. 1:00 – 3:00 5/48 Berry St \$29
93	<p>BASIC TECHNOLOGY <u>Leader: Eric Courtney</u></p> <p>This course is for current users of computers and smartphones and will endeavour to resolve problems being experienced as well as extend the use of applications such as email, messaging, photo organisation and sharing, file organisation, web connection plans and the use of 'Settings' in various devices.</p>	Sessions Date/s Time Venue Cost	2 2 & 16/8. 10:00 - 12:00 5/48 Berry St \$14

TUESDAY

94	<p>ART FOR PLEASURE Max 10 Members <u>Leader: Robyn Jarvis</u></p> <p>Do you have an artistic background and would like to develop it further? Do you have difficulty making regular time for this activity?</p> <p>Join this group of friendly, creative people who get together, without a resident tutor, to explore art, engage in diverse conversation and work with their own equipment and materials.</p> <p>Imelda Davies, a professional artist who voluntarily ran a weekly art course for us for two years recently, has agreed to run one or two art workshops each term as part of this group's activity.</p>	Sessions Date/s Time Venue Cost	8 27/7; 3, 10, 17, 24 & 31/8; 7 & 14/9. 10:00 - 12:00 5/48 Berry St \$32
95	<p>TIME TO WRITE Max: 10 Members <u>Coordinator: Eric Courtney</u></p> <p>Take this opportunity to set aside a regular session to record your story ideas, develop steps and create your story.</p> <p>Having run for the last two terms, this is now a self teaching course with members sharing their individual progress with their stories, exploring techniques and generally supporting each other's endeavours.</p> <p>New members with a story to write are welcome to join.</p>	Sessions Date/s Time Venue Cost	8 27/7; 3, 10, 17, 24 & 31/8; 7 & 14/9. 1:00 - 3:00 5/48 Berry St. \$32

TUESDAY CONT'D

<p>96</p>	<p>SPANISH ELEMENTARY Max: 12 Members <u>Tutor: Alan Madge</u> Spanish is by far the most spoken of the Latin based languages with about 500 Million speakers. It is arguably the easiest to read and speak and so easy to comprehend when spoken by a native speaker. Like all languages, Spanish requires considerable time and effort to learn. At least 2 hours of homework will be expected from participants in this course, in addition to the weekly lesson. Duolingo computer based learning will form an intrinsic part of the course so lose no time in starting with it. It is free unless you choose to buy their premium level product. For further information on the course or how to use Duolingo, contact Alan on 44220251.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>7</p> <p>27/7; 3, 10, 17 & 31/8; 7 & 14/9.</p> <p>10:00 - 12:00</p> <p>4/48 Berry St</p> <p>\$29</p>
<p>97</p>	<p>HISTORY AT CULBURRA <u>Leader: Lloyd Pitcher</u> JOHN WILSON C1770-1800 John Wilson is described as Australia's first pioneer. He was transported to Australia for seven years. Upon his release, he went to live with the Hawkesbury River Aborigines. In 1798 Governor Hunter recruited Wilson to lead several expeditions south west from Sydney. Wilson's familiarity with the landscape demonstrated he had been the first European to cross the Blue Mountains. THE VAUDEVILLE ERA and ERNEST PITCHER 1869-1940 My grandfather Ernest Pitcher was 12 years old, living in the East End of London, when his father suddenly died. As Chas Wilson, he travelled to his aunt's house in Sydney NSW, She found him as a job as a stagehand and he remained in the industry for his entire working life. Until 1907 his stage persona was Sam Wilson and he travelled with the Princess Comic Opera Company throughout eastern Australia. He reverted to Ernest Pitcher on establishing a family and became a national and international vaudeville entertainer. In 1927 he partnered with Will Leslie as Pitcher and Leslie, comedy instrumentalists. The Great Depression of 1929 seriously reduced his work opportunities due to the inroads to his industry by movies and radio. He gave his last performance in 1937.</p>	<p>Sessions</p> <p>Date</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>1</p> <p>24/8</p> <p>10:00-12:00</p> <p>IRT Village Commun Centre Banksia Room Culburra Rd Culburra Beach</p> <p>\$10</p>
<p>98</p>	<p>GERMAN INTERMEDIATE <u>Leader: Anna Holt</u> The course is now at the upper intermediate study level of this language. The focus this year is on further developing social interaction skills, with topical conversation and targeted listening. There will be a great variety of writing tasks, mostly as homework. As always, the sessions are interspersed with jokes, song and laughter. Lernen macht Spaß! New members with fair conversational skills are welcome to join.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>7</p> <p>27/7; 3, 10, 17 & 31/8; 7 & 14/9.</p> <p>1:00-3:00</p> <p>4/48 Berry St</p> <p>\$29</p>
<p>99</p>	<p>SCOTTISH COUNTRY DANCING <u>Leader: Eleanor Risby</u> Sociable, enjoyable and ever-evolving: SCD's popularity has continued to increase and dancers mainly dance for pleasure, finding the shared experience of the music and dance both physically and mentally enjoyable. An energising aerobic workout! The dances consist of a series of different steps and formations that are arranged in a different sequence for each dance. Steven our instructor provides for complete beginners, dancers of limited experience and also creates a challenge for experienced dancers. Soft shoes are necessary. Venue: NORTH NOWRA Community Centre, 7 Hood Close, Nth Nowra. ** There is a \$5 charge for each weekly session after the first night.</p>	<p>Sessions</p> <p>Date</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>1, then weekly.</p> <p>10/8</p> <p>6:30-9:00pm</p> <p>See Text</p> <p>**\$10 to U3A</p>

TUESDAY CONT'D

100	COFFEE CLUB TUESDAY	<u>Leader: Glennis Brooking</u>	Sessions:	8
<p>Meet face-to-face again this term using COVID safe protocols (masks/ sanitisers/ social distancing etc), commencing at the TEA CLUB CAFE in Berry St Nowra. Venue changes will be decided at each meeting and advised by phone/email to absent members.</p> <p>Please, only join this face-to-face group if you feel confident to be out and about. New members are always welcome.</p> <p>NB: The Thursday Coffee group will still be held 10am to 11.15am throughout the term.</p>			Dates:	27/7; 3, 10, 17, 24 & 31/8; 7 & 14/9.
			Time:	10:00-11:00
			Venue:	As advised by email/phone
			Cost:	\$14 for year
101	TAICHI/QIGONG FOR HEALTH	<u>Leader: Lyn Charleswood</u>	Sessions	1
<p>Arthritis can make exercise painful. This form of gentle and calming TaiChi helps to strengthen joints and muscles. Qigong is another form of TaiChi. This introductory lesson is for beginners. If you wish, continue with Lyn or Joanne at \$15 per session at the GATEWAY CENTRE, Cnr Plunkett and Berry Sts Nowra.</p>			Date/s	3/8.
			Time	11:00-12:00
			Venue	See text
			Cost:	\$10 to U3A.

WEDNESDAY

102	LAWN BOWLS	<u>Leader: Charlie Francis</u>	Sessions	1, then 5 weekly sessions
<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>** Each Lesson fee \$5: NIL for Bomaderry Bowling Club members.</p>			Date/s	4/8
			Time	1:00-3:00
			Venue	See text left
			**Cost	\$10 to U3A
103	CROQUET WEST ST	<u>Leaders: Anne & John Woods</u>	Sessions	1, then 3 weekly sessions
Max: 8 Players				
<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>4 FREE INTRODUCTORY LESSONS</p> <p>Wear flat shoes (no sandals), a hat and slacks, (no skirts, as they limit freedom to swing a mallet).</p> <p>We have regular BBQs and a lot of fun at our green, located inside the main gates of the Nowra Showground.</p>			Date/s	15/9.
			Time	9:30 – 12:30
			Venue	Nowra
			Cost	Showground. \$10 to U3A
104	GARDENING Q and A	<u>Leader: Allan Moore</u>	Sessions	4
<p>Allan, a keen gardener and landscaper, knows the nursery industry well. Bring your questions regarding pot plants, flowers, vegetables, shrubs, trees, succulents, watering, drainage, pathways, rockeries, composting, mulching, fertilisers, soil improvers, weed or pest management. Feel free to ask beginners' questions or share your knowledge</p>			Date/s	28/7, 4, 11 & 18/8;
			Time	10:00 – 12:00
			Venue	4/48 Berry St
			Cost	\$20
105	LEARN TO SING	<u>Leader: Ona Frazier</u>	Sessions	8
<p>Enjoy the many proven health benefits singing provides - better brain health from increased blood oxygen levels: improved mental health: lowered stress levels and body posture improvement, among many others.</p> <p>The fact is that just about everyone can learn to sing well!</p> <p>Take the challenge!</p> <p>Learn the techniques of correct breathing: to support the sound of your voice, to sing with effortless strength, to project your sound and to sing with expression. Sing higher notes or lower notes with ease and no vocal strain.</p> <p>Build and expand singing skills through practice and coaching by a professional singer. Develop a smooth, connected voice across your range. Enjoy singing with others in unison and in parts.</p>			Date/s	28/7; 4, 11, 18 & 25/8; 1, 8, & 15/9.
			Time	11:30 - 12:30
			Venue	CWA Hall, 39 Berry St, Nowra
			Cost	\$20

WEDNESDAY CONT'D

106	<p>RUSSIA: FROM LENIN TO PUTIN Max: 25 Members <u>Tutor: Ken Jeffrey</u></p> <p>Russia is the largest country in the world, covering over a sixth of the global land mass. It has nine time zones and, just as its terrain and climate are exceedingly diverse, so are its people, from Viking, Mongol, Slavic, Chinese and other ethnic origins. The country is often associated with harsh climates and autocratic government. The history of its government has been described as "Autocracy moderated by Assassination."</p> <p>This term the course covers the period from 1917, having last term given a broad view of Russia's history from the foundation of the Russian State by the Viking Prince Rurik in 862AD up to the communist revolution.</p> <p>The course is supplemented by lectures from "The Great Courses " by Professor Mark Steinberg from the University of Illinois and also includes videos of Russian films, music and dancing.</p> <p>Ken is presenting from his Jamberoo home by Zoom to our Classroom 5 at Nowra. Questions can be put to Ken during the sessions.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>6</p> <p>28/7; 4, 11, 18 & 25/8; 1/9.</p> <p>10:00 -12:00</p> <p>5/48 Berry St</p> <p>\$26</p>
107	<p>BOOK CLUB <u>Leader: Sue Otter</u></p> <p>This friendly group aims to interest each other in the books they have read. There is no required reading list, just share what you've read and enjoy the company of other book worms.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost:</p>	<p>4</p> <p>4, 18/8; & 1, 15/9.</p> <p>3:00 - 4:30</p> <p>5/48 Berry St</p> <p>\$20.</p>
108	<p>BEES FOR THE HUMAN RACE <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</p> <p>Date:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>8/9</p> <p>10:00 - 12:00</p> <p>5/48 Berry St</p> <p>\$10</p>
109	<p>OPERETTAS <u>Leaders: Norm Potter & Eric Courtney</u></p> <p>THE GONDOLIERS - Gilbert and Sullivan Set in Venice, and a balmy isle in the Mediterranean, this is the quintessential light opera of mixed up babies at birth, set to "the happiest music ever written by an Englishman". Cachucha, fandango, bolero, Sullivan was truly inspired to write such delicious Italian and Spanish melodies. Gilbert's satire of Republicanism is still as fresh today as ever.</p> <p>MERRY WIDOW - Franz Lehar The tiny state of Pontevedro is bankrupt. Their only hope of financial salvation lies in Hanna, a beautiful widow who inherited her husband's fortune. The Pontevedrians must convince her to marry a local, lest she take her fortune to foreign shores.</p> <p>PATIENCE - Gilbert and Sullivan One of their best comic operas, Patience, is based on the central character of Bunthorne, described as a "fleshy poet," and his character was partly based on Oscar Wilde.</p> <p>MERRY WIVES OF WINDSOR - Otto Nicolai Mrs Fluth has received a love letter from Falstaff. But she does not even consider replying to the advances of the fat arrogant man. When she goes to her neighbour to tell her about it, she sees her waving a letter. They notice that the letters are exactly the same. Incensed, the two friends decide to teach the gentleman a lesson.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>4</p> <p>28/7; 11 & 25/8; 8/9;</p> <p>1:00 - 3:00</p> <p>5/48 Berry St</p> <p>\$20</p>

WEDNESDAY CONT'D

110	UNIVERSITY OF WOLLONGONG, Shoalhaven <u>Leader: Glennis Brooking</u> Campus General Manager Chris Hadley conducts this tour which will include the Nursing Simulation Lab and the Graduate Medical facility (which wasn't available to the Term 2 tour). He will also discuss the history of the campus and provide an overview of the courses taught. Lunch at the "Cafe on Campus" at own cost.	Sessions	1
		Date/s	8/9
		Time	12:00 - 3:00
		Venue	UOW George Evans Road, Mundamia
		Cost	\$10

THURSDAY

111	WHITE SANDS WALK <u>Leader: Graeme Cord</u> An 8 km walk which should take around 2 hours. The walk is graded easy to medium, walking through coastal heathland. It's part rocky bush track and part sandy beaches. Great views of the beautiful Jervis Bay. Meet at Plantation Beach / Nelson's Beach carpark, VINCENTIA. Lunch afterwards at nearby club or cafe at own cost.	Sessions	1
		Date	26/8
		Time	10:00 - 12:00
		Venue	Nelsons Beach, VINCENTIA
		Cost	\$10
112	FRENCH ELEMENTARY Max 12 Members <u>Leader: Alan Madge</u> This course commenced in Term 3, 2019 so new entrants need a good French background to join. Students will need to acquire the 'French for Dummies' (Ed 2) text which will be supplemented by handouts and Audio Visual resources (eg., YouTube). Participants will need to do at least two hours homework per week.	Sessions	7
		Date/s	29/7; 5, 12, 19/8; 2, 9 & 16/9.
		Time	10:00 - 12:00
		Venue	5/48 Berry St.
		Cost	\$29
113	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
		Date/s	5 & 19/8; 2 & 16/9.
		Time	12:00 Noon
		Cost	\$18 for Cal year.
114	JOHN'S MOVIES <u>Leader: John Green</u> John is delighted to share another batch of quality films with cinema buffs and movie tragics.	Sessions	6
		Cost	Term fee \$17
		Venue	5/48 Berry St.
	THE SEVENTH SEAL 1957 96m Dir. Ingmar Bergman. Max von Sydow, Gunnar Bjornstrand. Covid ? Hah ! I'll show a real epidemic. But seriously, this film is a masterpiece of the 20th century	Date	29/7
		Time	1:00pm
	THE FINAL COUNTDOWN 1980 104m Dir. Don Taylor. Kirk Douglas, Martin Sheen. Interesting what-if, what should you do plot, with fine performances by a quality cast.	Date	5/8
		Time	1:00pm
	THE BIG SLEEP 1946 114m Dir. Howard Hawks. Humphrey Bogart, Lauren Bacall. Intricate Raymond Chandler story expertly told by an experienced cast and crew	Date	12/8
		Time	1:00pm
	MY HOUSE IN UMBRIA 2003 103m Dir. Richard Loncraine. Maggie Smith and a cast of fine British and Italian character actors bring this film to life	Date	19/8
		Time	1:00pm
	THE WICKER MAN 1973 99m Dir. Robin Hardy. Edward Woodward, Christopher Lee, Britt Ekland, Diane Cilento. A cracking suspense drama which gradually becomes nastier.	Date	26/8
		Time	1:00pm
	STATE FAIR 1945 96m Dir. Walter Lang. Jeanne Crain, Dana Andrews, Dick Haynes. Rogers and Hammerstein songs. A lovely musical - with some serious facets as well as	Date	2/9
		Time	1:00pm

THURSDAY CONT'D

115	<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 ageing. 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:	12, 19, & 26/8; 2, 9 & 16/9
		Time:	10:00 - 12:00
		Venue:	4/48 Berry St
		Cost:	\$26
116	<p>COFFEE CLUB THU <u>Leaders: Glennis Brooking, Sue Otter</u></p> <p>Join the continuing "coffee group" that has been meeting during 2021 online. Now meeting at various cafes in the region! Meet friends old and new to chat about various topics and hobbies. Share your passions and interests while staying connected. Staying fit as a senior also involves being connected to a community of like-minded people. This is a great way to keep in-touch, meet, socialise and 'Put a smile on your dial'.</p>	Sessions	8
		Date/s	29/7; 5, 12, 19, & 26/8; 2, 9 & 16/9.
		Time	10 am
		Venue	See Text
		Cost	\$14 for year.
FRIDAY			
117	<p>FRENCH INTERMEDIATE <u>Co-ordinator: Eric Courtney</u></p> <p>This self study group is assisted by a French born member providing valuable pronunciation support. We study French short stories, Video material and use the 'Practice makes Perfect' text provided electronically.</p> <p>We do homework and have a lot of fun.</p> <p>New members with fair conversational French are welcome to join us.</p>	Sessions	7
		Date	30/7; 6, 13, 20/8; 3, 10 & 17/9.
		Time	12:00 - 2:00
		Venue	5/48 Berry St
		Cost	\$29
118	<p>AFRICA, by request <u>Leader: Peter Bindon</u></p> <p>The huge continent of Africa is thought by most archaeologists to be the home of humanity. There are numerous archaeological sites and many pieces of evidence to support this contention. However, despite the huge amount of positive evidence for the Rift Valley as the home of humans there are still many questions to be answered. This lecture will examine some of the sites and results from the 20th and 21st century and consider some aspects of human evolution and the advance of humanity out of Africa. Fasten your seat belts.</p> <p>NOTE: This course, deferred from Term 2, already includes members who enrolled in that term.</p> <p>Members who did not enrol in Term 2 are welcome to enrol this term.</p>	Sessions	1
		Date	27/8
		Time	1:00 - 3:00
		Venue	5/48 Berry St
		Cost	\$10
119	<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.</p>	Sessions	1
		Dates:	27/8
		Time:	10:00-1:00
		Venue:	See text left
		Cost:	\$10
120	<p>SHOALHAVEN SINGING FOR SENIORS <u>Leader: Julie Emery</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>	Sessions	1, then weekly
		Date:	30/7
		Time:	10:30 - 12:30
		Venue:	Snr Cits Cntr 39 Berry St Nowra
		Cost:	\$10

FRIDAY CONT'D

121	<p>HISTORY AT BERRY <u>Leader: Lloyd Pitcher</u></p> <p>HIGHLAND CLEARANCES, SCOTLAND The Highland Clearances remain today a controversial time in Scottish history, evoking great bitterness to this day, especially among those whose ancestors were dispossessed of their land and their culture. The “eviction of the Gaels” refers to the landowners’ displacement of 300,000 tenants in the Scottish Highlands, mostly in the period 1760 to 1850. Tenants were relocated to the coast of Scotland or forced overseas, to Australia, Canada and the USA. The Highland Clearances today remain a stain on Scotland’s history. They are the major contributing factor to the extensive world-wide Scottish diaspora, the dispersion or spread of people from their original Scottish homeland.</p>	Sessions Date Time Venue Cost	1 13/8 10:00 - 12:00 Uniting Church Wesley Hall 77 Albert St BERRY \$10
122	<p>MAGIC STREET IN MEDIEVAL CAIRO <u>Presenter: Patrick De Gabriele</u></p> <p>Running between two massive medieval gates, this kilometre-long street was the main urban focus of economic and religious life for many years, and even now contains a treasury of Islamic architecture – mosques, madrasas, bazaars, bath-houses and residences, built over a period of nine centuries. Al-Muizz Street is World Heritage listed by UNESCO, but it’s by no means a museum, housing hundreds of thousands of people still living and working there. This illustrated talk will look at both the cultural splendours of the street and the vitality of the ordinary inhabitants.</p>	Sessions Date Time Venue Cost	1 13/8 1:00 - 3:00 Wesley Hall Uniting Church 39 77 Albert St BERRY \$10
123	<p>HOLIDAYS RELIVED MAX: 12 Members <u>Tutor: Warren Mason</u></p> <p>As we can’t travel much at the moment, now might be a great time to re-live some of our earlier holidays. Lots of us come home from holidays with a huge number of photos and they never emerge again from storage on our computers. A few holidays ago, I was introduced to an app called “Moviemaker” which can turn these files full of digital photos into ‘movies’ to watch on your television. It’s a fantastic tool that allows us to ‘re-live’ previous holidays with photos, video, captions, narration, etc, which can be set to music.</p> <p>The first session will be mostly demonstration and learning how to use the program but then it’s about bringing along your own holiday ‘material’ and turning it into your own movie. Basic computer skills are needed. If you can use Word, Excel or Powerpoint, you’ll be fine because Moviemaker is a similar Microsoft product. It is anticipated that 3 sessions should be sufficient for the course but a fourth session may be needed to complete your project.</p>	Sessions Date: Time: Venue: Cost:	4 6 & 20/8; 3 & 17/9. 1:00 - 3:00 5/48 Berry St \$17
124	<p>STEELWORKS TOUR Min/Max: 15/20 <u>Coordinator: Eric Courtney</u></p> <p>See the full steel making process in operation with a bus to take you around the various vantage points. Full Personal Protection gear is provided. You need flat non slippery shoes, calf length socks, full length pants and face mask (to be worn throughout the tour). The tour includes around 300-400 stairs and 2-2.5kms of walking and features the colossal Basic Oxygen Steelmaking (BOS) plant, the continuous slab caster and the Hot Strip Mill. Meet at BlueScope North Gate Entrance, Springhill Rd, Coniston.</p>	Sessions Date: Time: Venue: Cost:	1 10/9 9:00 - 1:00 Coniston (See Text) \$40

FRIDAY CONT'D

125	<p>DESTINATION <u>Curated by: Terry Crockford</u></p> <p>Sit back and relax while six of our members share their travels to exciting and exotic locations. Two members share each presentation and, hopefully, there will be time for questions at the conclusion.</p>	<p>Sessions Cost Venue</p>	<p align="center">3 \$17 5/48 Berry St Nowra</p>
	<p>JAPAN Warren Mason</p> <p>In 2016 we spent three weeks in Japan on a small group tour called City Lights and Alpine Trails with tour guide Riki from Riki's Tours Japan. Riki is Japanese and a permanent resident of Australia and his brochure said it all: 'Starting from Kyoto, I will take you on a wonderful walking tour of Japan, through fascinating cities and spectacular natural settings to the highest peak of Hokkaido. The tour suits travellers seeking a diversity of experiences and soft-walking opportunity in nature.' Come join us!</p>	<p>Date Time</p>	<p align="center">13/8 10:00-12:00</p>
	<p>NORTHERN PERU Denise Stevens</p> <p>Many civilisations preceded the Incas in South America. Evidence of this can be found in northern Peru which is much less visited than Cusco and Machu Picchu. We will travel from the coast of Chiclayo, up into the high Andes, down to a major tributary of the Amazon and back through the mountains to the coast of Trujillo.</p>		
	<p>ENGLAND Jan Martin</p> <p>It was my chance encounter on Culburra Beach with a woman using a tripod – a 'serious' photographer. I offered her an invitation to the local camera club and, a few weeks later, a further invitation, 'You can stay here when you come to visit your Mum.'</p> <p>'There won't be anyone at my house', was the reply. And so began the first of several trips to Smithy Green, in a small village south of Manchester and the exploration of a part of England I grew to love.</p>	<p>Date Time</p>	<p align="center">27/8 10:00-12:00</p>
	<p>SPAIN Robin Pitcher</p> <p>Spain is a vibrant country with a fascinating history. Ancient cities and building integrate with the contemporary. Bustling marketplaces and tapas cafes line ancient cobblestone streets. Join me on an adventure from Barcelona to the Basque coast, Madrid and the historic cities of Granada, Seville, Cordoba and Toledo.</p>		
	<p>NEW ZEALAND Timothy Billington</p> <p>Embark on a circular South Island road trip, starting and finishing in Christchurch. We will head as far north as Punakaiki on the west coast and as far south as the beautiful Otago Peninsula, on the lower east coast. The trip is complete with pancake rocks, glaciers, snow-covered mountains, exquisite lakes, a road tunnel hewn out of solid granite in 1953 and a classical and famous fjord, complete with waterfalls and a fur seal. There is also the odd kiwi, some albatrosses and a lizard-like animal which retains some distinctive structures only seen in dinosaurs.</p>	<p>Date Time</p>	<p align="center">10/9 10:00-12:00</p>
	<p>ST JAMES WAY John Davis</p> <p>The St James Walk is some 107 kms long. It starts from Reading Abbey and ends at the port of Southampton, from where pilgrims may have sailed to the shrine of St James at the Santiago de Compostela in north-west Spain. Along the route, based on the Roman road from Silchester via Basingstoke to Winchester, we will pass village churches, riverside pubs and historic sites.</p>		

FRIDAY CONT'D

126	HISTORY NOWRA <u>Leader: Lloyd Pitcher</u>	Sessions	4
	JOICE NANKIVELL LOCH 1887-1982 Joice is one of the most significant women of the twentieth century. Born during a cyclone on a sugar farm near Ingham in northern Queensland, she endured rural poverty moving around farms in Victoria. Yearning to be a writer she found work as a research assistant at the University of Melbourne. In 1918 Joice married a Scottish writer, Sydney Loch, in London. They went to Ireland during the “troubles”, then became involved with the humanitarian work of the Quakers in Poland and in Greece in the 1920s. Joice was awarded many medals by European governments. Joice and Sydney settled in Greece and continued their humanitarian work in the local community. Following Sydney’s death in 1954, Joice travelled and wrote many books. This is the story of a resourceful woman who wanted to see the world. It shows her triumph over many difficulties through courage, determination and hope.	Cost Venue	\$20 'CWA Hall 39 Berry St Nowra
		Date Time	6/8 10:00-12:00
	LYDIA ELLEN [NELL] TRITTON 1899-1946 A Brisbane girl who went against the conventions of her time, Nell was an adventurer who desired a career, became a journalist and, in 1925, travelled to London and Paris, where she met and married Russian Nicolai Nadejine in 1928. Divorcing in 1936, Nell then met Alexander Kerensky the exiled Russian Prime Minister of the Russian socialist Provisional Government which came to power in March 1917 and was ousted in November 1917 by Lenin and the communist Party. Nell became his translator and chauffeur and they married in 1939. In 1940 they made a dramatic escape from France to avoid the German army. Nell then lived in the USA until she became unwell in 1944 and returned to Brisbane, where she died in 1946. This presentation explores her unheralded and remarkable life.	Date Time	20/8 10:00-12:00
	NANCY BIRD WALTON 1915-2009 Nancy was a pioneering Australian aviatrix. At the age of 13 she was determined to fly and became the first female in Australia to gain a commercial pilot’s licence. She bought a Gipsy Moth aircraft and operated a charter business in the Australian outback until she joined the Netherlands aircraft company KLM to travel Europe and the USA to learn about all aspects the aircraft industry. Nancy Bird Walton was a remarkable Australian aviation pioneer. Sydney’s second international airport in western Sydney is named after her.	Date Time	3/9 10:00-12:00
	NANCY WAKE “THE WHITE MOUSE” 1912-2011 Secret Agent Nancy Wake was the Allies’ most decorated servicewoman in World War II 1939-1945. She was known by the Nazi Gestapo as “The White Mouse” and was the most wanted person in German-occupied France. Nancy helped over 1 000 people escape from France into Spain. She led over 7 000 Maquis [French Resistance fighters], once rode a bicycle 500 kilometres in 72 hours to deliver wireless codes and killed a German sentry with her bare hands. Nancy Wake was Special Operation Executive’s greatest heroine. Her story is one of courage, daring and optimism in the face of overwhelming odds.	Date Time	17/9 10:00-12:00

COVID - 19 PRECAUTIONS

Do NOT attend ANY physical class session if not well.
 Maintain social distancing when attending classes.
 Use Hand Sanitiser or wash hands with soap and water frequently

