

# TERM 3, 2021.

## ACTIVITIES BROCHURE

WE'RE  
COVID  
SAFE

RESUMED



SHOALHAVEN



LEARNING FOR LIFE

ACTIVITIES BROCHURE TERM 3, 2021
U3A Shoalhaven (Third Age of Learning Inc.)
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TERM 3 RESUMED, 2021
Monday November 1 - Friday 10 December 2021

Enrolments:

ONLINE - From Mon 25 October. Use website address above and follow links
In the office - Tuesday and Wednesday, October 25 and 26, 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

We're Back and I have two different messages - one for those who are already enrolled in Term 3 Activities and one for those who are not.

If you are already enrolled in Term 3 activities - the term we started but had to suspend when the lockdown hit - then all you need to do is look into this Brochure and find out the new dates for the activities you are enrolled in. If you cannot attend on those new dates and would like to withdraw from that activity, then please contact me (president.u3ashoalhaven@gmail.com) and I'll withdraw you and that will generate a credit for you to use next time you enrol. Please advise me which specific activity(ies) you wish to withdraw from and that's all you will need to do. In some cases the location of you activities may have changed as we now have a different set of spacing requirements - ie one person per 4sqm rather than one person per 2sm.

If you are not enrolled in any Term 3 activities, you are welcome to enrol now. Some courses are yet to commence and the partly completed courses have reduced fees. See the the enrolment options outlined above this message.

Finally - some caveats.

We need to be cautious about any health risk to our members so for the rest of Term 3 we are only accepting fully, double vaxed members to attend our activities. As per NSW Health instructions, proof of vaccination is required for any participation. Unless there are further lockdowns or restrictions, Term 1 next year will be open to all. We will be imposing whatever the current rules are from NSW Health regarding the wearing of masks. In addition, please do not attend any of our activities if you have any cold like symptoms.

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: Colin Bell

## SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU IN OUR END OF YEAR TERM 3 PROGRAM...

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

	Sess'ns		P#	
<b><u>ART, LITERATURE</u></b>				
MOSAICS	5	MONDAY	4	HUSKISSON
ART FOR PLEASURE	5	TUESDAY	5	NOWRA
TIME TO WRITE	5	TUESDAY	5	NOWRA
BOOK CLUB	3	WEDNESDAY	7	NOWRA
<b><u>CURRENT AFFAIRS, PHILOSOPHY</u></b>				
SHOALHAVEN, Strength in development	1	MONDAY	4	NOWRA
<b><u>ENTERTAINMENT, EXCURSIONS, TRAVEL</u></b>				
STEELWORKS TOUR	1	MONDAY	5	CONISTON
COFFEE CLUB TUES	8	TUESDAY	6	NOWRA
OPERETTAS	2	WEDNESDAY	8	NOWRA
UNIVERSITY OF WOLLONGONG Shoalhaven	1	WEDNESDAY	7	MUNDAMIA
SHOALHAVEN WATER SYSTEM TOUR	1	WEDNESDAY	7	NOWRA
WHITE SANDS WALK	1	THURSDAY	8	VINCENTIA
LET'S DO LUNCH	4	THURSDAY	8	SHOALHAVEN
JOHN'S MOVIES	3	THURSDAY	9	NOWRA
COFFEE CLUB THU	8	THURSDAY	9	NOWRA
DESTINATION	2	FRIDAY	9	NOWRA
<b><u>HEALTH, SPORT</u></b>				
AQUA AEROBICS	1	MONDAY	4	BOMADERRY
TENPIN BOWLING	5	MONDAY	4	BOMADERRY
MEDITATION, BEGINNER	4	MONDAY	5	NOWRA
TAICHI - QIGONG	1	TUESDAY	6	NOWRA
CROQUET WEST ST	4	WEDNESDAY	7	NOWRA
KEEP THE MARBLES ROLLING	6	THURSDAY	8	NOWRA
MAHJONG	6	THURSDAY	8	NOWRA
<b><u>HISTORY, CULTURE, LANGUAGES</u></b>				
ITALIANO INTERMEDIO	7	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	5	NOWRA
RUSSIA; FROM LENIN TO PUTIN	3	WEDNESDAY	7	NOWRA
FRENCH ELEMENTARY	7	THURSDAY	8	NOWRA
FRENCH INTERMEDIATE	7	FRIDAY	9	NOWRA
ARCHAEOLOGY - AFRICA, by request	1	FRIDAY	9	NOWRA
HISTORY, NOWRA - Significant Australians	4	FRIDAY	11	NOWRA
<b><u>SCIENCE, TECHNOLOGY</u></b>				
BASIC TECHNOLOGY	2	MONDAY	5	NOWRA
HOLIDAYS RELIVED	3	FRIDAY	9	NOWRA

SCAN QR CODE TO GO TO WEBSITE TO  
ENROL IN YOUR PREFERRED COURSE/S.



## MONDAY

84	<p><b>MOSAICS</b> <span style="float: right;"><b>Jervis Bay Maritime Museum</b></span>  <u>Leaders: Lulu Davies, Val Starling, Janice Hughes</u> <span style="float: right;"><b>Max 20 Members</b></span></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</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>5</p> <p>1, 8, 15, 22 &amp; 29/11.</p> <p><b>10:00 - 1:00</b></p> <p><b>Woollamia Rd &amp; Dent St</b>  <b>HUSKISSON</b></p> <p>\$23</p>
85	<p><b>TENPIN BOWLING</b> <span style="float: right;"><u>Leader: Kim Cartledge</u></span></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</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>5</p> <p>1, 8, 15, 22 &amp; 29/11.</p> <p><b>10:30 - 12:00</b></p> <p>Narang Rd Nowra</p> <p>\$10 to U3A</p>
86	<p><b>JUST WHAT IS SARS CoV-2 and CoViD-19?</b> <span style="float: right;"><u>Tutor: Dr Timothy Billington</u></span></p>	<p>Sessions</p> <p>Date</p>	<p>1</p> <p>COMPLETED</p>
130	<p><b>ITALIANO INTERMEDIO CONTINUA</b> <span style="float: right;"><u>Tutor: Laura Sansonetti</u></span>  <b>Max: 12 Members</b></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</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>7</p> <p>1, 8, 15, 22 &amp; 29/11; 6 &amp; 13/12.</p> <p>1:00 - 3:00</p> <p>4/48 Berry St</p> <p>\$29</p>
88	<p><b>MAGIC STREET IN MEDIEVAL CAIRO</b> <span style="float: right;"><u>Presenter: Patrick De Gabriele</u></span></p>	<p>Sessions</p> <p>Date/s</p>	<p>1</p> <p>COMPLETED</p>
89	<p><b>AQUA AEROBICS</b> <span style="float: right;"><u>Leader: Aqua Instructor</u></span></p> <p><b>Aqua Aerobics Classes are held in the Bomaderry Indoor 25m pool (heated to 32°C).</b> 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 Aquatic centre information sheet 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</p> <p>Date/s</p> <p>Time/s</p> <p>Venue</p> <p>Cost</p>	<p>1</p> <p>Ongoing,  SEE TEXT.</p> <p>Bomaderry Aquatic Centre  127 Cambewarra Rd.</p> <p>\$10 to U3A</p>
90	<p><b>SHOALHAVEN ECONOMIC DEVELOPMENT</b> <span style="float: right;"><b>Leader: Greg Pullen</b></span></p> <p>This session presents a broadview of the local economy, covering:</p> <ul style="list-style-type: none"> <li>* Key industry sectors and their contribution to the economic growth of the area.</li> <li>* What the major infrastructure works program of government means for Shoalhaven.</li> <li>* The role played by the Council's Economic Development Office in growing the local economy and creating jobs.</li> <li>* Some of the current projects being undertaken to stimulate this economic growth.</li> </ul> <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>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>8/11.</p> <p>10:00 - 12:00</p> <p>5/48 Berry St</p> <p>\$10</p>

**MONDAY CONT'D**

91	<b>CROQUET BOMADERRY</b> <b>Max: 8 Players</b> <u>Leader: Margaret Sawers</u>	Sessions	0
		Date/s	COMPLETED
92	<b>MEDITATION, BEGINNER</b> <u>Leader: Janice Lunnon</u> 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 - Breath work, walking meditation, music, short mantras, visualisation, vowel sound work, chakra focus (out loud/silent) and also relaxation techniques to aid sleep. Notes will be provided.	Sessions	4
		Date/s Time Venue Cost	1, 8, 15 & 22/11. 1:00 – 3:00 5/48 Berry St \$20
93	<b>BASIC TECHNOLOGY</b> <u>Leader: Eric Courtney</u> 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.	Sessions	2
		Date/s Time Venue Cost	15 & 29/11. 10:00 - 12:00 5/48 Berry St \$14
125	<b>STEELWORKS TOUR</b> <b>Min/Max: 15/20</b> <u>Coordinator: Eric Courtney</u> 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.	Sessions	1
		Date: Time: Venue: Cost:	6/12 9:00 - 1:00 Coniston (See Text) \$40

**TUESDAY**

94	<b>ART FOR PLEASURE</b> <b>Max 10 Members</b> <u>Leader: Robyn Jarvis</u> Do you have an artistic background and would like to develop it further? Do you have difficulty making regular time for this activity? 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. 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.	Sessions	5
		Date/s Time Venue Cost	2, 9, 16, 23 & 30/11. 10:00 - 12:00 5/48 Berry St \$23
95	<b>TIME TO WRITE</b> <b>Max: 10 Members</b> <u>Facilitator: Terry Crockford</u> Take this opportunity to set aside a regular session to record your story ideas, develop steps and create your story. 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. New members with a story to write are welcome to join.	Sessions	5
		Date/s Time Venue Cost	2, 9, 16, 23 & 30/11. 1:00 - 3:00 5/48 Berry St. \$23
131	<b>SPANISH ELEMENTARY</b> <b>Max: 12 Members</b> <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. Contact Alan on 44220251 for further course information or Duolingo use.	Sessions	7
		Date/s Time Venue Cost	2, 9, 16, 23 & 30/11; 7 & 14/12. 10:00 - 12:00 4/48 Berry St \$29

**TUESDAY CONT'D**

132	<p><b>GERMAN INTERMEDIATE</b> <span style="float:right"><u>Leader: Anna Holt</u></span></p> <p>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.</p> <p align="center">Lernen macht Spaß!</p> <p align="center">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 align="center">7</p> <p align="center">2, 9, 16, 23 &amp; 30/11; 7 &amp; 14/12.</p> <p align="center">1:00-3:00</p> <p align="center">4/48 Berry St</p> <p align="center">\$29</p>
97	<p><b>HISTORY AT CULBURRA</b> <span style="float:right"><u>Leader: Lloyd Pitcher</u></span></p> <p><b>JOHN WILSON C1770-1800</b> 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.</p> <p><b>THE VAUDEVILLE ERA and ERNEST PITCHER 1869-1940</b> 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 align="center">1</p> <p align="center">9/11</p> <p align="center">10:00-12:00</p> <p align="center">IRT Village Commun Centre Banksia Room Culburra Rd <b>Culburra Beach</b></p> <p align="center">\$10</p>
99	<p><b>SCOTTISH COUNTRY DANCING</b> <span style="float:right"><u>Leader: Eleanor Risby</u></span></p> <p>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!</p> <p>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.</p> <p>Venue: NORTH NOWRA Community Centre, 7 Hood Close, Nth Nowra.</p> <p>** 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 align="center">1, then weekly.</p> <p align="center">2/11</p> <p align="center"><b>6:30-9:00pm</b></p> <p align="center">See Text</p> <p align="center">**\$10 to U3A</p>
100	<p><b>COFFEE CLUB TUESDAY</b> <span style="float:right"><u>Leader: Glennis Brooking</u></span></p> <p>Meet face-to-face again this term using COVID safe protocols (masks/ sanitisers/ social distancing etc), commencing at the Entertainment Centre ENCORE Cafe. 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. If you join this club you are free to participate in the Thursday Coffee group which will be held 10am to 11.15am throughout the term.</p>	<p>Sessions:</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p align="center">8</p> <p align="center">26/10; 2, 9, 16, 23 &amp; 30/11; 7 &amp; 14/12..</p> <p align="center">10:00-11:00</p> <p align="center">As advised by email/phone</p> <p align="center">\$8</p>
136	<p><b>TAICHI/QIGONG FOR HEALTH</b> <span style="float:right"><u>Leader: Lyn Charleswood</u></span></p> <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>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost:</p>	<p align="center">1</p> <p align="center">2/11.</p> <p align="center">11:00-12:00</p> <p align="center"><b>See text</b></p> <p align="center">\$10 to U3A.</p>

**WEDNESDAY**

102	<b>LAWN BOWLS</b>	<u>Leader: Charlie Francis</u>	Sessions	0
			Date/s	<b>COMPLETED</b>
103	<b>CROQUET WEST ST</b>	<u>Leaders: Anne &amp; John Woods</u> <b>Max: 8 Players</b>	Sessions	1, then 3 weekly sessions
<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 align="center">4 FREE INTRODUCTORY LESSONS</p> <p align="center">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>			Date/s Time Venue Cost	1/12. <b>9:30 – 12:30</b> Nowra Showground. \$10 to U3A
120	<b>SHOALHAVEN WATER SYSTEM</b>	<u>Leader: Eric Courtney</u>	Sessions	1
<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>			Dates: Time: Venue: Cost:	8/12 10:00-1:00 See text left \$10
104	<b>GARDENING Q and A</b>	<u>Leader: Allan Moore</u>	Sessions	<b>CANCELLED</b>
			Date/s Time Venue	
105	<b>LEARN TO SING</b>	<u>Leader: Ona Frazier</u>	Sessions	<b>CANCELLED</b>
			Date/s	
106	<b>RUSSIA: FROM LENIN TO PUTIN</b> Max: 25 Members	<u>Tutor: Ken Jeffrey</u>	Sessions	3
<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 to Ken during the sessions.</p>			Date/s Time Venue Cost	3, 10 & 17/11. 10:00 -12:00 5/48 Berry St \$17
107	<b>BOOK CLUB</b>	<u>Leader: Sue Otter</u>	Sessions	3
<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>			Date/s Time Venue Cost:	3 & 17/11; 1/12. 3:00 - 4:30 5/48 Berry St \$17.
110	<b>UNIVERSITY OF WOLLONGONG, Shoalhaven</b>	<u>Leader: Glennis Brooking</u>	Sessions	1
<p>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. Date change is a possibility. Lunch at the "Cafe on Campus" at own cost.</p>			Date/s Time Venue Cost	1/12. 12:00 - 3:00 UOW George Evans Road, Mundamia \$10

**WEDNESDAY CONT'D**

109	<b>OPERETTAS</b> <del><b>THE GONDOLIERS</b> - Gilbert and Sullivan</del>	<u>Leaders: Norm Potter &amp; Eric Courtney</u>	Sessions	2
	<del><b>MERRY WIDOW</b> - Franz Lehar</del>			COMPLETED
	<b>PATIENCE</b> - Gilbert and Sullivan		Date/s	10 & 24/11;
	One of their best comic operas, Patience, is based on the central character of Bunthorne, described as a "fleshly poet," and his character was partly based on Oscar Wilde.		Time	1:00 - 3:00
	<b>MERRY WIVES OF WINDSOR</b> - Otto Nicolai		Venue	5/48 Berry St
	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.		Cost	\$14

**THURSDAY**

111	<b>WHITE SANDS WALK</b>	<u>Leader: Graeme Cord</u>	Sessions	1
	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.		Date	2/12
	Meet at Plantation Beach / Nelson's Beach carpark, VINCENTIA.		Time	10:00 - 12:00
	Lunch afterwards at nearby club or cafe at own cost.		Venue	Nelsons Beach, VINCENTIA
			Cost	\$10
133	<b>FRENCH ELEMENTARY</b> <b>Max 12 Members</b>	<u>Leader: Alan Madge</u>	Sessions	7
	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).		Date/s	28/10; 4, 11, 18 & 25/11; 2 & 9/12.
	Participants will need to do at least two hours homework per week.		Time	10:00 - 12:00
			Venue	5/48 Berry St.
			Cost	\$29
135	<b>KEEP THE MARBLES ROLLING</b> <b>Max: 8 Members</b>	<u>Leader: Judy Potter</u>	Sessions	6
	Designed exclusively for U3A use by a Sydney U3A member, this course develops mental agility through games and exercises. These 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, non-competitive environment.		Date/s	28/10; 4, 11, 18 & 25/11; 2/12.
	Bring paper, pencil and eraser....and....come prepared to have fun!!		Time	1:00 - 3:00
			Venue	<b>4/48 Berry St</b>
			Cost	\$36. (Incl Manual)
115	<b>MAHJONG</b>	<u>Leader: John Coghlan</u>	Sessions:	6
	<u>WHY DO THIS COURSE?</u>		Date:	4, 11, 18 & 25/11; 2 & 9/12
	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.		Time:	10:00 - 12:00
	If you have a mahjong set, please bring it along.		Venue:	4/48 Berry St
			Cost:	\$26
113	<b>LET'S DO LUNCH</b>	<u>Leader: Sue Reeves</u>	Sessions	4
	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.		Date/s	28/10; 11 25/11; 9/12.
	Participants will be emailed on venues.		Time	12:00 Noon
			Cost	\$10.



**THURSDAY CONT'D**

114	<p><b>JOHN'S MOVIES</b> <span style="float: right;"><u>Leader: John Green</u></span></p> <p>John is delighted to share another batch of quality films with cinema buffs and movie tragics. Bring your lunch and or cake to eat during the show. COVID has eaten all the lollies..... so you'll have to bring them too!!!</p>	Sessions	3
	<p><del>THE SEVENTH SEAL 1957 96m</del></p>	Cost	\$9
	<p><del>THE FINAL COUNTDOWN 1980 104m</del></p>	Venue	5/48 Berry St.
	<p><del>THE BIG SLEEP 1946 114m</del></p>	Date	COMPLETED
	<p><del>MY HOUSE IN UMBRIA 2003 103m</del></p>	Date	COMPLETED
	<p><del>THE WICKER MAN 1973 99m</del></p>	Date	COMPLETED
	<p><del>STATE FAIR 1945 96m</del></p>	Date	COMPLETED
<p><b>MY HOUSE IN UMBRIA 2003 103m</b> Dir. Richard Loncraine. Maggie Smith and a cast of fine British and Italian character actors bring this film to life</p>	Date Time	4/11 1:00pm	
<p><b>THE WICKER MAN 1973 99m</b> Dir. Robin Hardy. Edward Woodward, Christopher Lee, Britt Ekland, Diane Cilento. A cracking suspense drama which gradually becomes nastier.</p>	Date Time	11/11 1:00pm	
<p><b>STATE FAIR 1945 96m</b> Dir. Walter Lang. Jeanne Crain, Dana Andrews, Dick Haynes. Rogers and Hammerstein songs. A lovely musical - with some serious facets as well as excellent direction, staging and performances.</p>	Date Time	18/11 1:00pm	
116	<p><b>COFFEE CLUB THU</b> <span style="float: right;"><u>Leaders: Glenn Brookings, Sue Otter</u></span></p> <p>Join the continuing "coffee group" that has been meeting during 2021 online. Meeting now at the Entertainment centre ENCORE cafe! 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 top way to keep in-touch, meet, socialise and 'Put a smile on your dial'.</p>	Sessions Date/s  Time Venue Cost	8  28/10; 4, 11, 18 & 25/11; 2, 9 & 16/12. 10 am See Text \$8.
<b>FRIDAY</b>			
134	<p><b>FRENCH INTERMEDIATE</b> Max: 12 Members <span style="float: right;"><u>Co-ordinator: Eric Courtney</u></span></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. We do homework and have a lot of fun. New members with fair conversational French are welcome to join us.</p>	Sessions Date  Time Venue Cost	7  29/10; 5, 12, 19 & 26/11; 3 & 10/12. 12:00 - 2:00 5/48 Berry St \$29
119	<p><b>AFRICA, by request</b> <span style="float: right;"><u>Leader: Peter Bindon</u></span></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. NOTE: This course, deferred from Term 2, already includes members who enrolled in that term. Members who did not enrol in Term 2 are welcome to enrol this term.</p>	Sessions  Date Time Venue Cost	1  10/12. 1:00 - 3:00 CWA 39 Berry St \$10
121	<p><del><b>SHOALHAVEN SINGING FOR SENIORS</b> <span style="float: right;"><u>Leader: Julie Emery</u></span></del></p> <p><del>"HAPPY SOUNDS"</del></p>	Sessions  Date:	0  CANCELLED
122	<p><del><b>HISTORY AT BERRY</b> <span style="float: right;"><u>Leader: Lloyd Pitcher</u></span></del></p> <p><del><b>HIGHLAND CLEARANCES, SCOTLAND</b></del></p>	Sessions Date	0 COMPLETED
123	<p><del><b>MAGIC STREET IN MEDIEVAL CAIRO</b> <span style="float: right;"><u>Presenter: Patrick De Gabriele</u></span></del></p>	Sessions Date	0 COMPLETED

**FRIDAY CONT'D**

124	<p><b>HOLIDAYS RELIVED</b>      <b>MAX: 12 Members</b>      <u>Tutor: Warren Mason</u></p> <p>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 a program for Windows which can turn these files full of digital photos into 'movies' to watch on your television.</p> <p>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. The program is Animotica and it runs only on Windows devices but NOT on Apple.</p> <p>Basic computer skills are needed so if you can use Word, Excel or Powerpoint, you'll be fine.</p> <p>The presenter will make contact with anyone who enrolls now to develop a plan to catch up for the missed first lesson.</p>	Sessions	3
126	<p><b>DESTINATION</b>      <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>	Sessions Cost Venue	2 \$14 5/48 Berry St Nowra
	<p><del><b>JAPAN</b>      <b>Warren Mason</b></del></p> <p><del><b>NORTHERN PERU</b>      <b>Denise Stevens</b></del></p>	Date	COMPLETED
	<p><b>ENGLAND</b>      <b>Jan Martin</b></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><b>SPAIN</b>      <b>Robin Pitcher</b></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>	Date Time	12/11 10:00-12:00
	<p><b>NEW ZEALAND</b>      <b>Timothy Billington</b></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><b>PALERMO</b>      <b>Patrick DeGabriele</b></p> <p>Sicily's capital city has an air of decayed grandeur, and within it is everything a traveller could desire – glorious old churches and palaces, fabulous medieval mosaics, exuberant and welcoming locals, sunshine and good food. In this illustrated talk, we'll look at some fascinating sites and meet some interesting people.</p>	Date Time	26/11 10:00-12:00

**FRIDAY CONT'D**

127	<b>HISTORY NOWRA</b>	<u>Leader: Lloyd Pitcher</u>	Sessions	3
			Cost	\$20
			Venue	'CWA Hall 39 Berry St Nowra
	<hr/>		Date	COMPLETED
	<del><b>JOICE NANKIVELL LOCH 1887-1982</b></del>		<del><b>COMPLETED</b></del>	
<b>LYDIA ELLEN [NELL] TRITTON 1899-1946</b> 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	5/11 10:00-12:00
<b>NANCY BIRD WALTON 1915-2009</b> 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	3/12 10:00-12:00
<b>NANCY WAKE "THE WHITE MOUSE" 1912-2011</b> 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	3/12 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

'Dear Members of Shoalhaven U3A

Your committee met again today – this time face to face. We have confirmed that Term 3 will resume on November 1 but before I get into that, I need to talk about the Annual General Meeting.

Firstly our AGM, to which all members are invited – is on Nov 18 at 2pm in the CWA Hall at 39 Berry St Nowra.

Secondly, we have a couple of general committee positions vacant, so we are looking for any active retirees who want to make a contribution to the community by helping run Shoalhaven U3A via monthly meetings. In addition, we are seeking a new Secretary – you don't need to be a retired secretary but you do need some basic computer skills and some basic organisation skills to undertake this role and you'll get plenty of support from other members of the committee. Please contact me (0419975036 or warrenrpc@bigpond.com) if you have the slightest interest and we can discuss the details.

Back to the resumption of Term 3!

The revised Activities Brochure has now been released and most of the activities are simply continuations of what began in July but there are some new/additional activities on offer. If you are already enrolled in Term 3 activities, then all you need to do is look into the Brochure and find out the new dates (and sometimes new locations) for the activities you are enrolled in. If you cannot attend on those new dates and would like to withdraw from that activity, then please contact me (president.u3ashoalhaven@gmail.com) and I'll generate a credit for you to use next time you enrol. Please advise me which specific activity(ies) you wish to withdraw from. If you are not enrolled in any Term 3 activities or want to enrol in additional activities, then we are opening up most of them for additional enrolments from Monday 25 October and the details will be in the Brochure.

But remember, we are still in Covid territory so we must ensure our activities are Covid Safe and also there are significant restrictions from NSW Health. For the rest of Term 3 we are only accepting fully, double vaxed members into our activities and if you have any cold-like symptoms please stay home. If you are enrolled but not fully vaccinated, please let me know (president.u3ashoalhaven@gmail.com) and I'll withdraw you from any activities and generate a credit. Apart from that, we'll adjust our Covid restrictions such as mask wearing as NSW Health dictates.

Kind Regards,  
Warren Mason for the Management Committee.

# **NOTICE OF ANNUAL GENERAL MEETING 2021**

## **U3A Shoalhaven Third Age of Learning Inc.**

The Annual General Meeting will be held at 2pm Thursday 18 November in the CWA Hall 39 Berry Street Nowra.

Only Financial Members of U3A Shoalhaven can vote at the AGM.

(Anyone who has enrolled in a U3A Shoalhaven Activity in 2021, is a current Financial Member of U3A Shoalhaven)

### **AGENDA**

- Welcome by the President
- Apologies
- Minutes of the last Annual General Meeting
- President's Report
- Treasurer's Report
- Confirmation of Appointment - Honorary Auditor for the ensuing year
- Election of Management Committee for 2022
- General Business (of which 7 days' notice in writing has been given to the Secretary)
- Recommendations and suggestions by the membership for consideration by the

### **COVID requirements**

Everyone attending the AGM must:

1. Be fully vaccinated and be able to show their vaccination certificate
2. Sign in using our QR code or manual list
3. Have no cold-like symptoms
4. Follow whatever requirements NSW Health has mandated for mask wearing and social distancing.

**U3A Shoalhaven Third Age of Learning Inc.  
Nomination Form: Position on Committee 2021- 2022**

All nominations must reach the Secretary, Jude Papesch (secretary1.u3ashoalhaven@gmail.com), at least 7 days before the Annual General meeting scheduled for Thursday 18 November 2021. If no valid written application for a position has been received by the closing date, 11 November 2021, we can accept nominations from the floor.

Only Financial Members (Enrolment in a Shoalhaven U3A Activity in 2021), may propose, second and be nominated.

Where more than one nomination is received for a position, a ballot of members at the AGM will be taken by a show of hands.

I, (Print Name) ..... as a financial member of U3A

**I ACCEPT NOMINATION FOR THE ABOVE POSITION**

Signed by Nominee..... Date.....

**ENDORSEMENT BY FINANCIAL MEMBERS OF U3A SHOALHAVEN INC:**

1. PROPOSER: I, (Print Name) .....

Signed ..... Date.....

2. SECONDER: I, (Print Name) .....

Second the above nomination

Signed ..... Date.....

# U3A SHOALHAVEN ENROLMENT

Name (Mr/Mrs/Ms)

Circle: F / M

Address

 Phone \_\_\_\_\_ Postcode \_\_\_\_\_ Email – (Important; PRINT CLEARLY BELOW)

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

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

**IMPORTANT**



Course No.	Course Name	Fee

	<b>SUB - TOTAL</b>	
	Less CREDIT noted above	
	<b>T O T A L</b>	

**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 sealed completed form with payment, into letterbox 5 at front door of our building, if office closed.**

### OFFICE USE ONLY

RECEIPT		TOTAL AMOUNT	MyU3A ENTRY
NUMBER	DATE	( CASH / CHEQUE )	DATE & REC'T #
	/     / 2021	\$	/     / 2021
		CHQ #	No.

U3A EF