

U3A Bermagui - Term 1 Program 2023

Course	Description	Sessions	Location	Contact
Art Therapy - A Deep Play with Ruth Haggar	Art Therapy is a gentle yet powerful tool for accessing your inner world. It can be useful for addressing health and well-being issues and provide insights into deeper aspects of ourselves. In these 2 introductory sessions we will learn to relax into some spontaneous play and see what unfolds. No artistic experience required. I have been working with art therapy for many years and incorporate it into my naturopathic practice. Cost: \$10 for two sessions. Min: 5. Max: 7. Contact: Ruth Haggar	Tue 21-Feb, 28-Feb 1:30 pm - 3:30 pm	Bermagui Country Club, the Tennis/Art Room, downstairs	Ruth Haggar 0407 510 076
Birds and Bush Walks with Barry Virtue	A series of short easy walks in the local area to share observations and knowledge of bush, birdlife and any other wildlife or features we come across. Min: 4. Max: 12. Contact: Barry Virtue.	Wed 1-Mar, 8-Mar, 15-Mar, 22-Mar 8:30 am - 10:00 am	The meeting place will be advised before each walk.	Barry Virtue 0437 590 619
Book Club Bermagui	Book Club is jointly run by the Bermagui Library and Bermagui U3A and it is necessary to also enrol with the Library, at the Library, by phone or in person. We chat about what we have been reading, fiction or non fiction and whether we would recommend it or not. We discuss favourite books, favourite authors and favourite genres and all things BOOKS. Min: 4. Max: 10. Contact: Wendy Tucker.	Fri 10-Feb, 10-Mar 10:30 am - 12:30 pm	Bermagui Library, Bermagui	Wendy Tucker 0403 587 091
China - Ancient and Modern with Amanda Bilstoft	Amanda will first review 5000 years of Chinese civilization, with a focus on events which continue to reverberate in contemporary China. In the second session, the history of the Chinese Communist Party, its early disasters and later economic successes, will be examined, with conclusions drawn about the Party's role under Xi Jinping and whether China can rise peacefully. Cost: \$3. Min: 10. Max: 50. Contact: Chris T.	Thu 2-Mar, 9-Mar 2:00 pm - 4:00 pm	Hall, BCCentre, Bermagui	Chris T 0481 171 400
Crime Fiction Heroes in Movies, TV & Novels with Ted Beardow	We all know and enjoy detective, thriller and spy heroes in novels, movies and TV, like Vera, Frost, Barnaby, Banks, Morse, Lewis, Rebus, Bond, Jason Bourne and many more, as well as characters from earlier times like Sherlock Holmes, Poirot, Miss Marple, The Saint, Phillip Marlowe and hosts of others. But why is this so? What makes them heroic? Is it just that they get the bad guys? Or is it something more? What do they have in common? Join me in taking a closer look at our favourite characters, revealing what makes them tick and why we can't get enough of them. The answer might surprise you - it lies in the deep, deep past, way back at the dawn of Western literature ... Cost: \$3. Min: 12. Max: 50. Contact: Ted Beardow.	Thu 23-Mar 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Ted Beardow 0415 787 669
Croquet - An Introduction with Chris T	Have fun learning to play the enjoyable and challenging game of CROQUET. No prior experience is necessary, just an ability to hit a stationary ball with a wooden mallet. Gentle mental and physical exercise in a friendly, outdoor setting at the Country Club. Players from 20 - 95 years of age compete effectively. Covid compliant. Wear flat-soled shoes, bring water and a hat. All equipment provided. Min: 2. Max: 10. Contact: Chris T.	Sun 19-Feb, 26-Feb 9:45 am - 12:15 pm	Bermagui Country Club, Croquet Lawn (at rear)	Chris T 0481 171 400
Cryptic Crosswords with Liz Tapp	This is a three-part course that would suit anyone who has tried, with varying success, to crack the code of cryptic crosswords. If you'd like to know more, this will help you. We'll look at a cryptic crossword together and identify the different strategies used by the crossword setter so that we can understand how the answers have been arrived at. There'll be a short break with tea and biscuits provided. Cost: \$4. Min: 4. Max: 9. Contact: Jillian Taylor.	Tue 21-Feb, 28-Feb, 7-Mar 2:00 pm - 4:00 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106

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Demystifying Apple Technology with Michael Gross	Demystifying Apple Technology will cover a variety of everyday problems faced by users of Apple products, on iPhones, iPad, and Apple laptops and desktops. I also cover related technologies as required, eg NBN, and other broadband methods, printers and scanners and anything else that you can connect a Mac to. Cost: \$3. Min: 4. Max: 8. Contact: Michael Gross.	Thu 30-Mar 10:30 am - 12:00 pm	Room 1, BCCentre Bermagui	Michael Gross 0401 993 788
Empire of the Grasses with Bruce Leaver	This is a repeat session. It follows on from the Earth history covered in the session "When Birds Ate Horses". Mammals consolidated their hold on the post-dinosaur world, diversifying into an astonishing range of creatures. As the planet cooled and dried out, the forests gave way to woodland, grasslands and deserts. The rise of the grasslands led to a new ecosystem including an ape that climbed out of the trees and went on to rule the planet. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 20-Feb 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927
Exploring Family History Sources with Katrina Proust	This informal gathering is for people who are considering a family history project, or who have one underway. Each session will begin with a short presentation on the historical resources available on-line for Australia and elsewhere, as appropriate. Participants are invited to describe their research aims, share findings, and discuss research problems. We can discuss documenting your findings, and the challenges of producing a publication. Cost: \$3. Min: 4. Max: 8. Contact: Jillian Taylor.	Mon 13-Feb, 27-Feb, 13-Mar, 27-Mar 2:00 pm - 4:00 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106
First Friday Film and Lunch	Join this enthusiastic group of movie goers to see some of the newest movies. Arrive at the Kinema, purchase your ticket, sit back, enjoy the show and then, if you want, join the group for lunch afterwards. Details of the film and eatery will be emailed early in the week. Min: 2. Max: 50. Cost: \$10 plus lunch. Contact: Sheila Brice.	Fri 3-Mar 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Flora of the Local Area with Rebecca Rudd	Find out about some of the plants from our own backyard. Local botanist Rebecca Rudd from Beauty Point Landcare will lead a flora walk and talk. There is a good, accessible track near the Montreal Goldfields that goes through a number of different vegetation communities. Min: 3. Max: 10. Contact: Sheila Brice.	Fri 17-Feb 10:00 am - 12:00 pm	Montreal Goldfields, Wallaga Lake Road, Bermagui	Sheila Brice 0422 142 685
Fun French for Beginners with Valerie Holton	Fun French for Beginners and Forgetters is a class for people who are keen to speak French or refresh their existing knowledge. If you are a beginner, come and see how you go. If you have forgotten all the French you ever learnt you may surprise yourself. You will need a small English-French dictionary. No cost. Tea/Coffee provided. Min: 2. Max: 8. Contact: Valerie Holton.	Tue 14-Feb, 21-Feb, 28-Feb, 7-Mar, 14-Mar, 21-Mar, 28-Mar 10:00 am - 12:00 pm	Presenter's Home	Valerie Holton 0457 286 506
Indigenous Talk with Garry & Paul Campbell	Garry and Paul Campbell will discuss the latest developments regarding the Sacred Waterhole and any other developments of concern to the local Indigenous Community. They will also show examples of local indigenous food and discuss the significance of local artefacts. Min: 10. Max: 50. Cost: \$3. Contact: Wendy Tucker	Mon 6-Mar 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Wendy Tucker 0403 587 091
Marine Rescue - Volunteers Saving Lives on the Water	Join Marine Rescue's Caron Parfitt for a behind-the-scenes look at what it takes to run Marine Rescue Bermagui, and how our volunteers save lives on the water. The tour includes a visit to the Radio Room and Rescue vessel. Bring comfortable, soft-soled, non-slip shoes, a hat and water bottle. Morning tea will be provided. Cost: \$5. Min: 2. Max: 8. Contact: Chris T.	Fri 17-Mar 10:00 am - 12:00 pm	Marine Rescue, Shop 8, Upstairs - Fishermans Wharf, Bermagui	Chris T 0481 171 400

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Murray River - Up Close and Personal with Mark Darby	Tathra U3A member Mark Darby paddled 2 200km down the Murray River over 2 months, through August to October in 2022. Come and hear about his journey and stories of the Murray - the towns and communities that call it home and care for the river; the ongoing debates of water rights and wrongs, and in 2022 - the challenge of floods. Share Mark's experience of living on and paddling the Murray from the mountains to the sea. See his blog at https://marksmurraypaddle.wordpress.com/ . Min: 10. Max: 50. Cost: \$3. Contact: Elizabeth Johnson.	Thu 16-Feb 12:30 pm - 2:00 pm	Hall, BCCentre, Bermagui	Elizabeth Johnson 0499 818 454
Parlons Francais with Katrina Proust	This is a conversation group for those with a good working knowledge of written and spoken French. It is expected that you have a solid base of grammar and a good vocabulary to support conversation. Thinking on your feet is challenging in any language. Therefore, before each session you are encouraged to do some preparation on the topic of the day. We provide a conversation space where you can develop existing listening and speaking skills in a supportive and lively environment. It is not a course for beginners. Min: 4. Max: 6. Contact: Katrina Proust.	Wed 8-Feb, 15-Feb, 22-Feb, 1-Mar, 8-Mar, 15-Mar, 22-Mar, 29-Mar 10:00 am - 12:00 pm	Presenter's Home	Katrina Proust 0459 540 164
Sculpture Bermagui Artist Talk	The artist talk at Sculpture Bermagui is one of the highlights of the sculpture event. This year, Sculpture Bermagui and U3A Bermagui have joined forces to support this event. This will be a public event. Further details will be advised closer to the event. No cost. Contact: David Monro	Sun 19-Mar 1:00 pm - 3:00 pm	To be advised	David Monro 0412 525 743
Stick 'n Stitch with Carol Hellmers	A fun, relaxing and creative half day workshop in which you will make two or three unique art cards to give to special friends. No previous art or craft experience is needed. Simple hand sewing techniques are involved, as well as some cutting and gluing. Plenty of guidance to help with design, plus all materials are provided by workshop tutor, Carol. A small fee of \$5 per person is required to cover the cost of materials and venue hire. Morning tea can be purchased from the Country Club. Cost: \$5. Min: 5. Max: 10. Contact: Carol Hellmers	Wed 8-Mar 10:00 am - 1:00 pm	Bermagui Country Club, Tennis Room (downstairs)	Carol Hellmers 0439 426 405
The Weird World of Terranes with Bruce Leaver	Recent commentary has described the geology of a wide band of Tibet as being part of south-west Western Australia. Behind this bizarre observation is the story of chunks of crust being ripped off continents and rafted great distances to splatter against distant lands. These chunks are called terranes. They explain some pretty strange rock system occurrences around the world including, close to home, the weird half billion year-old rocks on both sides of Narooma. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 20-Mar 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927
What Stopped Eleanor that Spring Day with John James	The existence of one under-praised but very large 12th century church not far from Paris and Chartres has been ignored by all but the locals. Yet the word "glorious" is the best fit. Why were historians unable to understand this fabulous space, with its extraordinary windows and its great capitals? The history has been too enigmatic, and holds the story of changed directions, missed opportunities and a sharp decline into obscurity. Yet it was the darling of Eleanor on her journey from Aquitaine to Paris; the lords of France assembled here to plan the Second Crusade, and it was where Innocent II was illegitimately declared pope. Thereafter, this magnificence was home to nothing more remarkable than its pigeons. We will resurrect this Notre-Dame from obscurity! Cost: \$3. Min: 10. Max: 50. Contact: Chris T.	Thu 30-Mar 10:30 am - 12:00 pm	Hall, BCCentre Bermagui	Chris T 0481 171 400