

U3A

NAMBUCCA VALLEY ASSOC. INC.

ABN 94 948 200 504

COURSE AND EVENTS LIST

SEMESTER ONE – FEBRUARY TO JUNE 2018

OPEN DAY

WEDNESDAY 31 JANUARY 2018

10 am – 12 noon

NAMBUCCA COMMUNITY AND ARTS CENTRE

Ridge Street, Nambucca Heads



PO Box 101 Nambucca Heads NSW 2448

Email: contact@u3a.com.au

Website: www.u3a.com.au

GENERAL INFORMATION

ELIGIBILITY: Membership of U3A is open to retired or semi-retired persons over the age of 55, or to those who have sought special dispensation from the committee.

TO ENROL IN A COURSE: It is necessary to be a financial member of U3A before enrolling in a U3A course. Once the membership fee is paid, enrol with the Course Leader at Open Day.

MEMBERSHIP: A membership Application form is needed for new members. **Continuing members will only need to fill in a form if their details have changed.** Fees are due in January of each year; they are currently \$20 per person per annum. Members joining after 30 June pay 50% of the annual fee (\$10). Payment of membership fees may be made in one of the following ways:

- a) By direct transfer to Bananacoast Credit Union (BCU) **BSB 533-000, a/c no 144526.** (Note: BCU members add S11 to the account number). If using this payment method, it is important to give your full name as a reference. If you are a new member it will be necessary for you to send a completed membership form to Membership Secretary, PO Box 101 Nambucca Heads 2448.
or
- b) By cheque payable to U3A Nambucca Valley Association Inc (include your membership form if you are a new member) mailed to The Treasurer, PO Box 101, Nambucca Heads, 2448.
or
- c) By cheque or cash payment deposited **in a sealed envelope** and handed in at the Stringer Gallery, Nambucca Community and Arts Centre, Ridge St, Nambucca Heads during Gallery open hours (10am to 3pm Wed to Fri, 9:30am to 11:30am Sat). **Cash must be the exact amount as Gallery volunteers cannot give change.**
or
- d) By cheque or cash payment at Open Day on Wednesday 31 January 2018.

Payment of membership fees in advance of Open Day would be very much appreciated.

COURSE COSTS: These vary depending on the course and should be discussed with the course leader when enrolling. Generally, it will depend on factors such as the number of participants, the course venue and the amount of photocopying or supplementary material required. A contribution towards morning/afternoon tea is at the discretion of the course leader in consultation with the course members.

Course costs cover venue hire only. All course leaders volunteer their time. Outdoor activities do not incur a course cost. If there are other expenses involved, such as hire of equipment or material, the course leader will advise course members.

INSURANCE: U3A requires all members to be financial, so that they are covered against public liability when attending an approved U3A activity. However, this does not cover them for personal loss or accident. The committee requests that all members sign the attendance sheets, which are at every U3A course and function.

NAME TAGS: Members are asked to wear their name tags to all U3A courses and functions to help facilitate members getting to know one another, and as proof of financial membership.

PLEASE NOTE:

If a course has insufficient numbers to be viable, the committee may decide not to run that course.

EVENTS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
OPEN DAY	10:00 to 12:00 Wednesday 31 January	Large and Small Halls NCAC	Open Day for the first semester 2018.
ASSISTANCE DOGS	2:00 to 4:00 Monday 5 March	Small Hall NCAC	An Assistance Dog is not only man's best friend, but also his most helpful one. Assistance Dogs Australia trains dogs to perform a range of tasks for people living with disabilities, providing life-changing support for up to 10 years. CEO Richard Lord will talk about the importance of the bond between a dog and its owner, and the intense training the animal receives before it is placed with a needy person.
TRIVIA WITH A TWIST	2:00 to 5:00 Friday 16 March	Bridge Club	Back by popular demand! A great afternoon and a chance to show off your general knowledge – or be humbled by the lack of it! You will draw lots for table partners – an opportunity to meet other members and avoid 'egghead' tables. Numbers are limited to 14 tables of four, and the cost of \$10 per person includes cheese and biscuits, wine, juice, tea and coffee. Book and pay at Open Day
BEHIND THE NEWS	2:00 to 4:00 Wednesday 18 April	Small Hall NCAC	Television journalist and newsreader Jane Goldsmith shares her experiences over 16 years of writing, researching and reporting news for NBN Television, both in the field and on air. Based in Newcastle, Jane is the only news presenter in the state to regularly anchor a 60-minute news program alone. On occasion, she produces the weekday news for NBN, but her first love is on-the-road journalism, covering local news as it happens. Join us for an insight into her profession.

DISCUSSION GROUPS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
DISCUSSION MATTERS	10:00 to 12:00 2 nd and 4 th Friday each month from 9 February	Bridge Club	In a relaxed and friendly atmosphere, members of this ongoing group exchange ideas and opinions. We discuss a different topic at each session and reflect on its meaning and its various connotations. A great chance for you to join the conversation and enjoy social interaction with fellow members.
THE BUDDHA DHARMA	10:00 to 12:00 1 st and 3 rd Friday each month	Private home	Study/discussion of Buddhist ideas based on Jack Kornfield's book, "A Path with Heart". This is an ongoing course and although new people are welcome, space is limited, and it might be necessary to create a waiting list.
BUDDHISM DISCUSSION	10:00 to 12:00 2 nd and 4 th Friday each month	Private home	Study/discussion of Matthieu Ricard's "Happiness, A Guide to Developing Life's Most Important Skill". We take turns in reading aloud and stop to discuss what we understand and maybe how it relates to our own lives. All welcome although an interest in Buddhist philosophy would be an advantage.
THE ART OF RELATIONSHIP	10:00 to 12:00 Tuesday 6 sessions, weekly from 20 March	Bridge Club	We will review the psycho-neurological principles and processes we explored in The Art of Contentment last semester to provide the ground for us to venture forth into the world of human relationship – relationship to the Other. We will explore the guiding principles that can allow all kinds of relationship to flourish, becoming more nurturing and enduring. We also need to look at loss and grief which are an inevitable aspect of any relationship. There will be opportunities to share your wealth of a lifetime of experience of relationships, as well as small experiments into the nature of here-and-now relationship
BOOK CHAT	2:00 to 4:00 Last Friday of each month	Small Hall NCAC	No required reading – just share what you've read in the last month and enjoy the company of other bookworms.

PHILOSOPHERS' CAFE	10:00 to 12:00 3 rd Monday each month from 6 February	Small Hall NCAC	Fascinating guest speakers who will make you think about a wide range of topics, followed by discussion.
MUSIC, DANCE and THE ARTS			
Course Name	Time & Date	Venue	Description, Leader and Contact Details
MORE TREASURES OF AUSTRALIAN ART	10:00 to 11:30 Thursday 6 sessions, weekly from 15 February	Small Hall NCAC	The Art Appreciation Course will focus on famous Australian artists of the 20 th Century. We will discuss their works in relation to the social and political events of the times. The course is open to all and will be delivered by slide shows, group discussion and the use of archival art prints. Our Art Appreciation course will help you to a deeper understanding of the art works you see when you visit galleries
JAZZ APPRECIATION	2:00 to 4:00 Wednesday from 28 February 5 sessions	Private home	I started playing in a jazz band at high school and only gave up last year. I know many of the top Oz musicians and have heard live jazz all around the world. I have over 1500 records and will use them to give a brief history of jazz and then concentrate on some of the better performers, including quite a few Australians. Limit of 10 attendees.
A SELECTION OF AUSTRALIAN POETS	9:30 to 11:30 Friday 6 sessions, weekly from 2 February	Goanna Room, Swimming Creek Caravan Park	What makes it poetry, why don't poets just say what they mean? Enthusiasm essential, no experience needed. An all-new look at 2 or 3 Australian poets, taking just 2 poems from each.
FRUIT OF THE VINE	6:00 to 7:30 2 nd Wed each month, from 14 March	Private homes	Learn a little more about the wine of your choice during an informative and social session each month. Participants will need to contribute to the course by researching their own preferred wines and taking a turn at hosting the evening.
SCOTTISH COUNTRY DANCING	10:00 to 12:00 Friday from 1 March	Headland Hall	This is not highland dancing but reels, jigs and strathspeys in sets of eight. No partner needed, and movements are taught. Wear flat, non-slip shoes.
CERAMICS	9:00 to 12:00 Thursday 18 sessions, weekly from 8 February	Phoenix Centre Main St Bowraville	The course will take place in a fully equipped pottery studio, and will introduce you to various techniques in hand-building your pot, the potter's wheel, decoration and glazing of pots and loading and firing the kiln. Maximum of 8 members per group. Course cost based on 8 course members: approximately \$130 per person, including beginner's tools.
INTRODUCTION TO PHOTOGRAPHY	10:00 to 12:00 2 nd and 4 th Tuesday each month 6 sessions, from 27 February	Nambucca Heads RSL around the corner from the coffee machine and outdoor locations	This is a course for people who have a digital camera, either a point and shoot or a DSLR camera. The course will consist of both theoretical and practical sessions, giving you the opportunity to become better acquainted with the small things which make your subjects look more interesting in the finished result. We aim for a very relaxed atmosphere and people can ask any questions they want answered at any time during the sessions.
BEGINNERS' UKULELE	11:00 to 12:30 Tuesday 8 sessions, weekly from 6 February	Baptist Church, Nambucca Heads	Designed to prepare you to join the Continuing Ukulele group, this course will start from the very beginning and cover some theory of music but mostly be getting you started on simple chords and strumming patterns.
CONTINUING UKULELE	12:45 to 3:00 Tuesday On-going group	Baptist Church, Nambucca Heads	This is more a jam session than a class. You will improve your playing and pick up tips. Anyone with some experience is welcome; we have a variety of levels of skill from almost beginners to some more experienced, but none of us is expert.


KNITTING AND CROCHET	1:00 to 3:00 Thursday 6 sessions, weekly from 10 May	Pioneer Community Centre Bowraville	Join Marion in the sunshine on the deck at Bowraville learning to knit or crochet, or just join in with your wool for a cuppa. Assistance given to navigate difficult patterns. Men welcome.
EASY SOAPMAKING	1:00 to 3:00 Wednesday 21 February	Private home	Make your own special soap with natural ingredients & essential oils in a beautiful chemical free home. Cost \$5 includes your own special soap to take home. Limit 10.
HEALTH and FITNESS			
Course Name	Time & Date	Venue	Description, Leader and Contact Details
YOGA FOR HEALTH	3:30 to 4:30 Wednesdays from 7 February	Nambucca Heads High School	Come meet other beautiful yogis, stretch your body, mind and soul. Some breath work and meditation techniques covered. beginners welcomed. 3 weeks introduction offered to all U3A members at \$5 per class. normal rate of \$10 per class if you wish to continue doing yoga. Loads of car parking space at the visitor car park.
MEDICAL QIGONG MEDITATION	10:45 to 11:45 Monday 26 February, 5, 12 March	Catholic Hall	Medical Qigong Meditation consists of 7 simple healing techniques done while sitting comfortably. It focusses on breathing and relaxing the whole body. This reduces stress and anxiety, pain, insomnia and helps lower blood pressure while building organ function and health. 3 sessions \$3 each then usual rate of \$10 per class or \$5 per class for 2 classes per week.
MEDICAL QIGONG EXERCISE	11:00 to 12:00 Wednesday 28 February, 7, 14 March	Catholic Hall	Medical Qigong Exercise is done while standing and consists of gentle movements while deep breathing. Designed to strengthen all our muscles and organs for deep relaxation, stress reduction, heart and digestive health, creating much improved quality of life as we age. 3 sessions \$3 each then usual rate of \$10 per class or \$5 per class for 2 classes per week.
TAI CHI EXERCISES	10:45 to 11:45 Thursday 8, 15, 22 February	Catholic Hall	Tai Chi is a gentle moving sequence of movements designed to improve leg strength balance, and memory. Similar health benefits to medical qigong - stress reduction, heart health and reducing inflammation. 3 sessions \$3 each then usual rate of \$10 per class or \$5 per class for 2 classes per week.
PILATES	Details available at Open Day	Macksville, Bowraville and Nambucca Heads	Join the regular classes organised by Soulitude Health; these are held at various dates and times in Macksville, Bowraville and Nambucca Heads. U3A members can choose any 4 classes for \$5 per class.
ZUMBA GOLD	10:00 to 11:00 Thursdays On-going class	Main Hall NCAC	Zumba Gold is a low impact Latin-inspired dance fitness party! It relieves stress, builds core strength and helps increase balance and co-ordination while experiencing different music and rhythms from all over the world. Zumba classes are a lot of fun and very informal. There are no mistakes in Zumba, just unexpected solos! 3 weeks introduction \$3 per class then \$70 for 10 weeks or \$10 per class for casual attendance.
MINDFULNESS MEDITATION	2:00 to 3:30 Tuesday from 6 February	Private home	Experience being fully aware in the present moment. Great physical and mental benefit. This is a practice group rather than a class, we work with guided meditations and readings.
STRENGTH AND BALANCE	12:00 to 1:00 Wednesday from 7 February Classes are also available at other times	Nambucca Heads RSL	Help improve or maintain your current level of strength and balance while working at a pace that suits your individual needs. Registered Fitness Instructor specializing in needs for older adults 3 free sessions then \$6 per Session . Maximum 20

LANGUAGES AND CULTURE

Course Name	Time & Date	Venue	Description, Leader and Contact Details
ITALIANO PER PIACERE	10:00 to 11:30 Wednesday continuing course	Nambucca Hotel Macksville	Language, literature and all things Italian for those with some knowledge of basic Italian and a desire to improve their conversational skills, while enjoying the company of like-minded people.
AUSTRALIA'S CELTIC BACKGROUND	2:00 to 4:00 Monday 7 sessions, weekly from 12 February	Private home	The Celts were one of the greatest civilisations the world has ever known, and very advanced for their time, but they had the strange (to us) habit of never recording anything important in writing, so until comparatively recently most people had never heard of them. Nevertheless, they were extremely influential, and their influence persists and is recognisable in Australia to this day. Many of us are of Celtic descent but don't know it. Total cost \$12 per person, payable on the first day.
GOLD: THE SEARCH FOR EL DORADO	9:30 to 11:30 Wednesday fortnightly from 14 February	Small Hall NCAC	The course will map the journey of gold seekers from New Spain to Johannesburg via California, Australia, Alaska, The Yukon, New Zealand and South Africa. Gold fever changed the political landscape of the Americas, Australia, New Zealand and South Africa bringing the convict system to an end, causing the destruction of indigenous tribes in the Americas and starting the apartheid of South Africa. GOLD GOLD GOLD AU AU AU!

SOMETHING FOR EVERYONE ON WEDNESDAYS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
BEEKEEPING	9:30 to 12:00 Wednesday 7 February	A local apiary	Phil has a vast background knowledge of beekeeping & will explain the current perilous state of bees. Your morning will be filled with theory, your questions answered and a hive visit.
CYBER CRIME	9:30 to 11:30 Wednesday 21 February	Small Hall NCAC	Cyber Crime Information Session. A representative from Port Macquarie Police will discuss current problems with phone & computer scams. The internet & mobile phones provide great ways to express yourself & communicate with others. It's important to make sure they're used responsibly so that everyone has an enjoyable online experience.
SOLAR BATTERIES	9:30 to 11:30 Wednesday 7 March	Small Hall NCAC	David Birks will be talking to us about the "Benefit's" of Storing Solar Energy and how to take advantage of people's existing Solar System's by adding a Storage Solution that's Right for them.
THE LATEST ON SUN SCREENS	9:30 to 11:30 Wednesday 14 March	Goanna Room Swimming Creek Caravan Park	Our own local expert on the subject, Brian Gulson, will bring us up to date. What is new in sunscreens compared with 2 years ago? How does this compare with US products? Should we take any notice of (social) media reporting on adverse reactions of sunscreen? Plus, some highlights from the 9 th World Congress of Melanoma, Brisbane October 2017.
NATIONAL BROADBAND NETWORK	9:30 to 11:30 Wednesday 4 April	Small Hall NCAC	A Community Engagement Seminar presented by Ian Scott from NBN Co. There will be ample time for questions.
AN AUTHOR'S JOURNEY	9:30 to 11:30 Wednesday 2 May	Small Hall NCAC	Meet with our local author, Annie Seaton, former high school principal, and now an international bestselling author in both e-book and print. Annie travels Australia for inspiration, ideas and research. Her lively and thoughtful stories, often filled with intrigue, will transport you to beautiful Australian landscapes.

<p>URUNGA WETLAND RECLAIMING A GEM</p> 	<p>10:00 to 12:00 Wednesday 16 May and 23 May</p>	<p>Small Hall NCAC</p>	<p>The Urunga Antimony Processing Plant was a 6-ha derelict mine operation contaminated with arsenic, antimony, mercury and lead. The site is now a parkland including an elevated boardwalk over the remediated wetland. Clayton Colmer, the Senior Environmental Engineer with the Soil Conservation service of the NSW Dept of Industry, has agreed to tell this wonderful award winning story. Depending on demand there will be a guided walk exploring the site the following Wednesday.</p>
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TECHNOLOGY

Course Name	Time & Date	Venue	Description, Leader and Contact Details
<p>FACEBOOK, THE PLEASURE AND PITFALLS</p>	<p>10:00 to 12:00 Tuesdays 6, 13, 20 February</p>	<p>Goanna Room, Swimming Creek Caravan Park</p>	<p>Ian Mackenzie will get you started on setting up your Facebook account and guide you in using it successfully. Bring your own devices. On Open Day Ian will have some pre-course information for those who are interested.</p>
<p>USING DRONES FOR PHOTOGRAPHY</p>	<p>10:00 to 11:00 Friday 16 February</p>	<p>Bridge Club and E J Biffin Field Nambucca Heads</p>	<p>An introduction to drones and their use in photography. Following the one-hour theory presented by Robert Hawkes there will be a practical demonstration of their use at the EJ Biffin Field. Further practical sessions will be available if there is sufficient interest.</p>
<p>EXPLORING WINDOWS 10</p>	<p>10:30 to 12:00 Monday 6 sessions, weekly from 5 February</p>	<p>Nambucca RSL</p>	<p>Pre-requisites for the course: your own laptop with Windows 10 installed; your email set up and working; WIFI access. More information on Open Day.</p>
<p>BEFRIENDING YOUR iPad</p>	<p>1:00 to 3:00 Monday 6 sessions, weekly from 5 February</p>	<p>Nambucca RSL</p>	<p>BYO iPad, your email password and Apple ID. This course is only suitable for Apple iPads. More information on Open Day</p>

SPORTS and OUTDOOR ACTIVITIES, FUN and GAMES,

Course Name	Time & Date	Venue	Description, Leader and Contact Details
<p>FISHING</p>	<p>8:00 last Friday of each month from 3 February</p>	<p>Various seasonal hotspots</p>	<p>All you need to know about what, where and when to catch fish. There will be one session devoted to fly fishing.</p>
<p>FLY FISHING</p>	<p>To be decided</p>		<p>Talk to Greg and Alan on Open Day if you are interested in trying Fly Fishing.</p>
<p>GARDEN GROUP</p>	<p>10:00 to 12:00 3rd Monday each month</p>	<p>Various locations</p>	<p>A friendly meeting once a month, at different venues, between members interested in learning more about plants and gardens.</p>
<p>PETANQUE</p>	<p>10:00 to 12:00 (9.30 summer) 1st Sunday of each month</p>	<p>Bellwood Park</p>	<p>No great fitness required to enjoy this game. Boules provided bring morning tea and a chair.</p>
<p>BRIDGE FOR BEGINNERS</p>	<p>1:00 to 4:00 from Tuesday 6 February</p>	<p>Bridge Club</p>	<p>Bridge is a popular game that is played both socially and in competitions worldwide. This course will be run by an experienced Bridge instructor and will give you a sound start to your Bridge future. \$5 for hall cost.</p>

MAHJONG, SOCIAL AND BEGINNERS	10:00 to 12:00 Mondays continuing	Nambucca Heads RSL	U3A members are welcome to join our beginners group or social players anytime throughout the year. Next year American Mah Jong will be introduced to any player wishing to learn. The game is quite different to the Western game we currently play.
CRIBBAGE	9:45 to 11:30 Mondays from 5 February	Nambucca Bowling Club	The card game Cribbage is usually played with 2 or 3 players but can also be played as a partners game of 4 or 6. There are various components to the play i.e. the initial hand, then the count (pegging) of the score. However, after several lessons the strategy of play is what makes Cribbage such fun and naturally there is an element of luck in the dealing of the cards.
CANASTA	10:00 to 12:00 Thursdays continuing	Nambucca Heads RSL	Ron will lead you for social, friendly Canasta and other related card games. Beginners and experienced players all welcome.
LEARN TO PLAY CHESS	1:00 to 3:00 Thursdays 6 sessions, weekly from 8 February	Nambucca Heads Bowling Club	An introduction to the great game of chess. Starting at the beginning, how to set up the pieces, their names and how they move; then playing with some experienced players as well as fellow beginners to get some practice in strategy and game plan. Everyone welcome.

Course List by Days of the Week

The following table lists the courses by the day of the week in the same order they appear in the Course List . Please refer to the full course listings above for more information.

MONDAY	WEDNESDAY cont.
Assistance Dogs	Something for Everyone
Philosophers' Cafe	- Beekeeping
Medical Qigong Meditation	- Cyber Crime
Australia's Celtic Background	- Solar Batteries
Exploring Windows 10 & Befriending your Ipad	- Latest on Sunscreens
Garden Group	- NBN Co
Mahjong	- An Author's Journey
Cribbage	- Urunga Wetlands
TUESDAY	THURSDAY
The Art of Relationship	More Treasures of Australian Art
Introduction to Photography	Ceramics
Beginners' Ukulele	Knitting and Crochet
Continuing Ukulele	Tai Chi
Mindfulness Meditation	Zumba Gold
Facebook	Canasta
Bridge for Beginners	Beginners' Chess
WEDNESDAY	FRIDAY
Behind the News	Trivia with a Twist
Jazz Appreciation	Discussion Matters
Fruit of the Vine	Buddha Dharma
Easy Soapmaking	Buddhism Discussion
Yoga for Health	Book Chat
Medical Qigong Exercises	A Selection of Australian Poets
Strength and Balance	Scottish Country Dancing
Italiano per Piacere	Using Drones for Photography
Gold, the Search for el Dorado	Fishing
	SUNDAY
	Petanque

Please note: Pilates, and Strength & Balance are both offered on several days