

U3A GOULBURN MULWAREE INC's OFFICIAL NEWS UPDATE



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AUTUMN WELCOME TO OUR AUTUMN TERM (TERM 2)- APRIL 30 TILL JULY 8 PLEASE READ THESE VERY IMPORTANT ANNOUNCEMENTS

CHANGES TO THE BULLETIN In future the Bulletin will be published three times a term on Weeks 1, 5 & 9.

NEW OFFICE HOURS AS FROM APRIL 10 *OPEN MONDAYS & TUESDAYS ONLY 11am till 1pm*

ENROLLING FOR TERM 2 You will only need to enrol for Term 2 if you are doing one of the new courses on offer in this term; **OR** if you wish to add more classes to the ones you are already enrolled in; **OR** if you are enrolled in classes advertised as being for a period of one term e.g. *Quills, Partners in Song, the two Argyle Singers Choirs* These classes also attract a fee per term which must be paid at the beginning of each term to enable your name to be added to the Course Leader's class list. *If your name does not appear on the Course Leader's list you will not be able to attend their classes.*

MEMBERS GET-TOGETHER This will be on **FRIDAY, MAY 11th – 2pm AT THE DEPOT** Everyone is welcome to this pleasant, informal afternoon. Please bring a small plate of 'goodies' to share for afternoon tea - *tea and coffee provided.*

NEW COURSES ON OFFER IN TERM 2 There will be some extra classes added in term 2:- As we get older we may find that our hearing can become a 'bit of a blur' so the sensible thing is to have your hearing checked to see if you need hearing aids and/or learn *Auslan - Signing for the Deaf* which will make life much easier. We will be starting classes, with a qualified teacher of *Auslan* at the Depot on Sunday afternoons, weekly, - 2-3pm - from May 13; Our German teacher, Lee Stanton, will be adding *German for Beginners* on the Thursdays of the even weeks of term (Weeks 2, 4, 6, 8, 10) 2pm till 4pm at the Workers Club, which are the alternate Thursdays to her regular *German* classes on the Thursdays of the odd weeks of term (Weeks 1, 3, 5, 7, 9) 2pm till 4pm; Our gentle *Monday Walk 4 Health - River Walkers* are keen to walk more often, so the gentle *Wednesday Walk 4 Health (River Walkers)* is being added this term. This is also an option for new walkers who cannot walk on the other *Walk 4 Health* days, Mondays, Tuesdays or Thursdays or our *Ramblers* on Sundays; Our French teacher, Eddie, is a very talented bellringer, in great demand in Goulburn and Canberra, and he will be presenting one of our new classes *The History of Bellringing*, weekly on Tuesday afternoons after his French classes. Also, due to the size of his French class, he will be dividing it in two in Term 2 – one in the morning and one in the afternoon **FOSS in Term 2 will feature Libra Office.** Most of our 'regular' classes will be continuing, but David Penalver's *French For Travellers* will not be on in Term 2. **VISIT OUR WEBSITE REGULARLY TO CHECK ANY CHANGES IN THE PROGRAM**

TICKETS NOW ON SALE FROM THE OFFICE

LET'S DO LUNCH AT THE FIRESIDE INN, TUESDAY, MAY 8 Tickets are on sale now at the U3A office for this one which will cost \$30 and includes a delicious 2 course lunch from the Fireside's blackboard menu; either an entree & main **OR** a main & dessert; and a small gift (extras & drinks at own expense) (**Tuesday, June 12, the 'new' Namaste Indian Restaurant** in Auburn Street & **Tuesday, July 3 at The Astor Hotel** - tickets for the last two available soon)

LET'S EXPLORE COCKINGTON GREEN ON THURSDAY, MAY 17 Our 'explorers' will be off to this great Canberra attraction. Set within beautifully landscaped gardens it's worth going just for the gardens! After lunch at Cockington Green (B.Y.O. or buy at their cafe –at own expense) members may like to visit the National Dinosaur Museum (at own expense) which is almost next door to Cockington Green or explore the bargains at the popular Gold Creek Village. Tickets cost \$25 and include bus travel, morning tea en route, entry into Cockington Green and a ride on their miniature steam train.

LET'S GO TO THE THEATRE ON SATURDAY, JUNE 23 On Saturday, June 23, we will be going to the "Q Theatre for the Queanbeyan Player's Saturday matinee production of *The Wedding Singer*. which will transport us back to 1985, where rock star 'wannabe', Robbie Hart, is New Jersey's favourite wedding singer and the life of the party until his own fiancée leaves him at the altar and Robbie is heartbroken..... enter Julia, a winsome waitress who wins his affection and unless Robbie can pull off the performance of a decade to impress her - the girl of his dreams will be gone forever. Does Robbie pull it off? Does he get the girl of his dreams? Come with us on June 23 to find out! Tickets, \$60 include bus travel, reserved seats, 'goody bag' for interval. Time to shop and have lunch before the show (own expense) It would be wise to book early as we only have an 18 seater bus for this one.



CANCER COUNCIL'S BIGGEST MORNING TEA, THURSDAY, MAY 24 One Australian dies every 12 minutes from cancer and it is only with research that we will cure cancer. This year is the 25th year of the *Biggest Morning Tea* and all over Australia people are 'brewing up' some exciting plans to help fund more research, prevention and support services to help those affected by cancer. The official day this year is Thursday, May 24 but morning teas can be held anytime in May or June. Every year in Goulburn there are many organisations holding a *Biggest Morning Tea* function and we strongly urge everyone to attend at least one of these to help find a cure for this insidious disease – every cuppa counts!

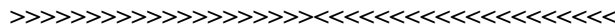


2018 U3A NSW NETWORK CONFERENCE, CANBERRA, APRIL 11 - 13



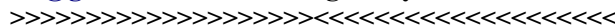
Keynote Speaker, Professor Tom Griffiths' subject was *"The View From The Cave - Time-travelling in Australian History"* in which he spoke about how in 1937 *Eleanor Dark*, author of the *Timeless Land*, wrote it from a cave she discovered and lived in, in the Blue Mountains of NSW. Looking out from the rocky cavern, she began to imagine and research an alternative history of her nation.

Our two delegates to the conference, Secretary, Pat Spilsbury & Vice President, Deb Walker, chatting to delegates from other U3As during the morning tea break. Networking is a very important part of the conference, it gives everyone the opportunity to learn of subjects for new classes and other great ideas to take back to each other's U3As



EXPRESSIONS OF INTEREST Most of us will have had varied, interesting, happy, hardworking, perhaps even ordinary pasts, but all are worth remembering – if only to honour the memory of people you love and who have loved you and to honour our own efforts and achievements.

Pam Reynolds is calling for expressions of interest for a **Memoirs Class** which she would like to offer in our next term (Term 3). It would be held at the Depot over two Saturdays from 10am to 2pm with a break for lunch. Anyone who has been to one of Pam's workshops will know how good they are. If you are interested please let the office know or send an email to info@gm-u3a.com.au to register your interest.



OUR RAMBLERS 'LAST HURRAH' FOR TERM 1 Four members of the Rambler's met at the Rotunda in Belmore Park early on Sunday, April 22 for a last 'ramble' for Term 1. They walked to the Jewish Cemetery in Long Street, then back again via Box Hill and along the walking track alongside the Mulwaree River, altogether an 8 km walk.

CLASS SCHEDULE FOR TERM 2

This schedule is correct at the time of printing, but the onus is on you to check our website regularly for any changes

If the minimum numbers for classes are not reached, they may not go ahead so you will need to check

You will need to fill in an Enrolment Form if you are enrolling for any new classes or classes new to you

You will need to pay the Admin Fee, if one applies, at the beginning of term & before attending classes

You must be a financial member of U3A Goulburn Mulwaree Inc. to attend any of its classes

MONDAY CLASSES

CREATIVE WRITING Course Leader: Brian A Spilsbury Venue: The Depot Time: 10am – 12 noon

Dates: April 30 May 14, 28 June * 25 (*Holiday June 11) Numbers: Minimum 4, Maximum 10

A fortnightly supportive group where members are given time to share stories, articles, poetry and memoirs they have written. The limit of ten is to ensure each member has equal time. A reserve list will be taken if more than ten enrol to fill any vacancies which may occur.

ARGYLE ART Course Leader: Brian A Spilsbury Venue: The Depot Time: 10am – 12 noon

Dates: May 7, 21, June 4, 18 July2 Numbers: Minimum 2, Maximum 8

Passionate about getting 'in touch with your creative side'? Then join our Argyle Art Group where you can pursue your passion every second Monday morning. All mediums, drawing, watercolour or acrylic painting can be used and you will work at your own speed, no experience required - all welcome to enrol.

MATHS & ME Course Leader: Doug Brown Venue: The Depot Time: 10am – 12 noon

Dates: May 7, 21, June 4, 18 July2 Numbers: Minimum 2, Maximum 8

Doug Brown's History of Numbers class last year was so interesting it left its participants wanting more, so Doug has been presenting Maths & Me all of last term and will do so again in Term 2

HEART MOVES Course Leader: Hee Lian Venue: The Depot Time: 5.15 -6.15pm

Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25, July 2 (*Holiday June 11) Numbers: Min 4, Max 8

Heart Moves is a gentle exercise class held at the U3A Depot on Monday evenings between 5.15 - 6.15pm Get fit and stay fit as you have fun doing exercises good for a healthy heart.

RECORDERS 1 Course Leader: Ayaka Suzuki Venue: The Depot Time: 9am - 10am

Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25, July 2 (*Holiday June 11)

Learn how to play a Soprano Yamaha Recorder and read music at the same time. Starting with simple tunes, master the recorder and sheet music, one note at a time. The emphasis is on starting to produce music from scratch and having fun playing a no fuss, no need to tune, almost indestructible musical instrument that is easy to carry!

RECORDERS 11 Course Leader: Ray Smith Venue: Private Home Time: 10am – 11.15am

Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25, July 2 (*Holiday June 11)

The general aim of this course is to encourage members to become experienced participants of an Ensemble which can play at an intermediate level and sight read music ranging from Baroque to Modern. Members are also encouraged to take an interest in instruments in the Key of F, where the additional voices encourage greater awareness of the music dynamics and an ability to listen to the other voices in the Ensemble. It is preferred that members play a wooden instrument - Baroque Fingering System, rather than a composition one due to the improved tonal quality of a wooden instrument. This is a friendly group – no pressure! The aim is to make music a pleasurable experience.

FOSS (Free & Open Source Software) LibreOffice Course Leader: Deborah Walker Venue: The Depot

Time: 1.30 – 3.30m Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25 (*Holiday June 11)

Numbers: 8 including the Course Leader *Course Leaders have priority enrolment for this course*

This is a one term practical class where we download a LibreOffice software package and learn about Writer, the word processor component of LibreOffice. Must bring own devices:- Laptop with WiFi; a Raspberripi 3B computer or a Chromebook computer.

TO AVOID DISAPPOINTMENT, MAKE SURE YOU ENROL EARLY FOR ANY NEW CLASSES

MONDAY RIVER WALK 4 HEALTH Course Leader: Brian J Spilsbury Time: 8 - 8.30am
Start & Finish Dates: Carpark @ Marsden Weir off Crookwell Road (undercover seats & toilets)
Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25 (*Holiday June 11) Numbers: Min 4 Max 12

Exercise in a social atmosphere and enjoy Goulburn's level river walk. Ten strolls/walks per term along the river and optionally share a BYO thermos of tea/coffee in the park. The walks will be approximately 20 to 30 minutes

D.I.Y. ITALIAN Course Leader: Maxine Elder Venue: Workers Time: 10.30 – 12 noon

Dates: April 30 May 7, 14, 21, 28 June 4, * 18, 25, July 2 (*Holiday June 11) Numbers: Min 6, Max 12

In 2018, this group will be using News in Slow Italian at an intermediate level. This is available as an app for iPad and Android. They will be using the free content of the weekly episodes for translation, discussion, and grammar revision, as well as having some informal conversation at the start of each lesson. Thus some knowledge of Italian grammar and vocabulary is an advantage

TUESDAY CLASSES

BASIC FRENCH (RED) 11am – 12.30 **BASIC FRENCH (BLUE) 1pm to 2.20pm**

Course Leader: Eddie Potts Venue: Depot Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26, July 3 SAME DAYS
ALTHOUGH THE CLASS HAS BEEN DIVIDED IN TWO DUE TO ITS SIZE; THE CONTENT OF BOTH CLASSES WILL BE THE SAME

These courses are for people who have some knowledge of the language. French is the international language of dance, architecture, the visual arts, theatre, fashion and haute cuisine. It's spoken by over 200 million people, making it the ninth most spoken language in the world. If you are looking to learn a 2nd language, French is a good choice.

[New] INTRODUCTION TO THE ART & SCIENCE OF BELLRINGING Course Leader: Eddie Potts
Venue: Depot Time: 3pm – 4pm Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26, July 3

This course will cover the many styles of bellringing found in different parts of the world. Participants will have the opportunity to try hand bellringing and there will be one or two visits to see the thirteen bells and meet bellringers of St Saviour's Cathedral.

TUESDAY'S WALK 4 HEALTH Course Leaders: Julian de Cseuz & Pat St George
Venue: Starting at the Rotunda at Belmore Park Time: 8 – 9.45am Numbers: Min 4 Max 12
Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 3

Exercise in a social atmosphere and enjoy Goulburn's open spaces and parks. Ten walks per term around Goulburn with an optional tea or coffee after the walk. The walks will be approximately 45 minutes.

PARTNERS IN SONG CHOIR Course Leader: Jean Lloyd Accompanist: Helen Lowe
Venue: Depot Time: 11am – 12.30pm Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26, July 3

Singing songs for pleasure is the aim of this class, so if you love to sing – this the class for you! Not only do they sing for their own pleasure, but the pleasure of others when they sometimes perform at Nursing Homes and other special events. Members of the choir pay \$15 at the beginning of each term to share the accompanist's travel expenses.

4th TUESDAY BOOK CLUB Course Leader: Maxine Elder Venue: Library Time: 10.30am – 12 noon
Dates: April 24 (in term holidays) May 22 June 26 Numbers: Maximum 12

Books provided by Goulburn Library's Read & Connect Scheme at a cost of \$6 per year. Regretfully, this course is fully subscribed.

ARGYLE SINGERS - GOULBURN Course Leader: Christine Bentley Venue: Workers Time: 5 - 6pm
ARGYLE SINGERS – GUNNING Course Leader: Margaret Dougal Venue: Gunning Hall Time: 5 - 6pm
BOTH GROUPS ARE AT THE SAME TIME, SAME DATES Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 3

Have you wanted to join a singing group but felt intimidated? Perhaps you can't read music; didn't make the school choir; were told you were not good enough; afraid of needing to audition? Argyle Singers is for you. No auditions, no previous experience necessary – just a love of singing with like-minded souls!

QUILLS Course Leaders: Dulcie Reid & Pat Spilsbury Venue: Depot pick up or Posted
Time: 10am – 12 noon Dates: May 1 & 29, June 26 Numbers: No limit

Quills is a service provided to members who do not have a computer or internet facilities. For an Admin fee of \$5 per term they will get their Bulletin in coloured hard copy and, if enrolled in other courses as well as Quills, it will be posted. Please do not ask for printed Bulletins unless you have enrolled for Quills as, due to the cost of printing and postage, we only get enough printed for those members enrolled for this service.

PASSIVE RECREATION Course Leader: Pat Spilsbury Venue: Workers Time; 1- 3.30pm
Numbers: No limit Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26, July 3

*An important part of keeping your mind sharp is regularly challenging your brain. Clinical studies have shown that by spending as little as one hour a week playing a range of 'brain games' you can improve the cognitive functions you use every day. On Tuesday afternoons we mainly play Mahjong but we have the capacity to play Rummykub, Scrabble and other board games as well, which are great for keeping the brain activated. **DON'T KNOW HOW TO PLAY? WE'LL TEACH YOU!***

MUSIC THEORY Course Leader: Lazslo Strasser Venue: Depot Time; 11am – 12 noon
Numbers: Minimum 3 Maximum 8 Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26 July 3

U3A runs a number of courses for music – choirs, recorders etc., where students learn a bit about music theory and reading music on the 'job' This makes it doubly hard to learn an instrument or sing. If you have always wanted to learn more about music and how to read a music score, this is a good introduction.

MUSIC HISTORY & FORM Course Leader: Lazslo Strasser Venue: Depot Time; 12.30 -3pm
Numbers: Minimum 3 Maximum 8 Dates: May 1, 8, 15, 22, 29 June 5, 12, 19, 26, July 3

There is a world of the history of music to explore from around the globe from the 1600s to the present. Lazslo, who has had a long professional career in music is the ideal guide to this world! His class will expand your horizons and allow you to sample and have more understanding of a vast range of music that is only a CD away. New learners very welcome,

LET'S DO LUNCH Course Leader: Pat Spilsbury Venue: Various local restaurants
Time; 12 for a 12.30 lunch Numbers: No limit Dates: May 8 June 12 July

It can be rather daunting to go out for a meal by yourself, Let's Do Lunch gives members an opportunity to try different cuisines in congenial company in the warm, friendly ambience of local restaurants New members most welcome. Check page 1 of this Bulletin for details of this term's lunch program.

WEDNESDAY CLASSES

3rd WEDNESDAY BOOK CLUB Course Leader: Sharon Williams Venue: Library

Time; 10.30am – 12 noon Dates: April 24 (in term holidays) May 22 June 26 Numbers: Max 10

Each month there will be a new discussion leader – this is on a volunteer basis however there is an expectation that everyone will share this role throughout the year. Have FUN engaging in the process of shared exploration of the selected books – and be warned, book club discussions can become addictive! Books are provided by Goulburn Library's Read & Connect Scheme at a cost of \$6 per year. Members will need to consult with the Course Leader regarding vacancies.

[New] WEDNESDAY RIVER WALK 4 HEALTH Course Leader: Brian Spilsbury Time: 8 - 8.30am
Start & Finish Dates: Carpark @ Marsden Weir off Crookwell Road (undercover seats & toilets)
Dates: May 2, 9, 16, 23, 30 June 6, 13, 20, 27 July 4 Numbers: Min 4 Max 12

Exercise in a social atmosphere and enjoy Goulburn's level river walk. Ten strolls/walks per term along the river and optionally share a BYO thermos of tea/coffee in the park The walks will be approximately 20 to 30 minutes

FAMILY HISTORY FORUM Course Leader: Daphne Penalver & Maxine Elder Venue: Library
Time: 10.30am – 12 no Dates: May 2 & 16 June 6 & 20 July 4 Numbers: Min 1 Max 12

WHO DO YOU THINK YOU ARE? Members of this discussion group share knowledge and experiences in the fascinating search for ancestors, how they lived and how their lives shape our own. We can get you started, suggest ways of organising your information, or offer help in breaking through 'brick walls' in your research. We are able to access the Local Studies collection at Goulburn Library which contains local and early Australian material, and also has access to both Ancestry and Find My Past.

BRIDGE FOR PLEASURE Course Leader: Fred Rainger Venue: Workers Time: 1pm – 3.30pm
Dates: May 2, 9, 16, 23, 30 June 6, 13, 20, 27 July 4 Numbers: Min 4 Max 20

Members meet to play bridge for the sheer pleasure of the game. They play to win and to learn from each other in a friendly, congenial way. People who have not played bridge before are welcome and will be helped to learn how to play.

[New] BEGINNERS GERMAN Course Leader: Lee Stanton Venue: Workers Time: 2pm - 4pm
Dates: May 2, 16, June 6, 20, July 4 Numbers: Minimum 4 Maximum 12

If you're thinking of learning a second language then this fortnightly class may be the course for you. Whether you're planning on going overseas or just want to learn something new then come along and learn to speak, read and write German. If you have never learnt German before, you will need to enrol in the beginner's class.

ALFRESCO JUBILO CHOIR Course Leader: Georgina Spilsbury Venue: Depot Time: 4.30 – 6pm
Dates: May 2, 9, 16, 23, 30 June 6, 13, 20, 27 July 4 Numbers: Min 3 Max 20

An A Capella vocal ensemble for experienced singers who sing madrigals, motets and part songs from medieval to modern with the ability to read music; hold pitch when singing in parts; a willingness to work in harmony with other group members and a willingness to sing in languages other than English. Enrolment by invitation or audition.

DINOSAURS & ROBOTS S.I.G. Course Leader: Brian Spilsbury Venue: Depot Time: 4pm – 6pm
Dates: May 2, 9, 16, 23, 30 June 6, 13, 20, 27 July 4 Numbers: No Limit

This Makers Special Interest Group is at the Depot every Wednesday evening and participant are asked to bring their own project to work on – it can be anything from a dinosaur to a robot!

THURSDAY CLASSES

THE SHARED PLATE Course Leader: Pat St George Venue: Various restaurants Time: 12 for 12.30
Dates: May 17 July 5 Numbers: No vacancies but names taken for a Wait List

Twice a term this small class will share and sample a different culinary cuisine. It is expected that they will either have a banquet menu or each choose a dish that they will all share, with the cost divided among the participants. The emphasis will be on sharing and learning about a range of dishes from each of the different cuisines. Regretfully this class is fully subscribed this term and can not take any new learners, but names will be taken for a Wait List.

THURSDAYS WALK 4 HEALTH Course Leaders: Christine Wright & Pat St George
Venue: Starting at the Rotunda at Belmore Park Time: 8 – 9.45am Numbers: Min 4 Max 12

Exercise in a social atmosphere and enjoy Goulburn's open spaces and parks. Ten walks per term around Goulburn with an optional tea or coffee after the walk. The walks will be approximately 45 minutes.

3rd THURSDAY BOOK CLUB Course Leader: Ann McGregor Venue: Library Time: 10.30am – 12 noon
Dates: May 17 June 21 July to be advised Numbers: Maximum 10

Have FUN engaging in the process of shared exploration of the selected books – and be warned, book club discussions can become addictive! Books are provided by Goulburn Library's Read & Connect Scheme at a cost of \$6 per year. Members will need to consult with the Course Leader regarding vacancies.

SPANISH Course Leader: Barbara Shannon Venue: Depot Time: 3pm - 4pm
Dates: May 3, 10, 17, 24, 31 June 7, 14, 21, 28 July 5 Numbers: Maximum 12

SPANISH is considered one of the easiest languages for a native English speaker to LEARN. The grammar and sentence structure are different from English, but because both languages have Latin roots, they also share many cognates – words that sound the same and have the same meanings. A few spaces still available for those who already have a basic knowledge of Spanish - but will need to consult with the Course Leader.

GERMAN Course Leader: Lee Stanton Venue: Workers Time: 2pm - 4pm
Dates: May 10 24 30 June 14, 28 Numbers: Minimum 4 Maximum 12

If you're thinking of learning a second language then this may be the course for you. Whether you're planning on going overseas or just want to learn something new then come along and learn to speak, read and write German. This class is an ongoing class for those previously enrolled.

TEA & TALK Course Leader: Pat Spilsbury Venue: Chatsbury (Ingenia)Gardens
Time: 2pm – 3.30pm Dates: May 3 June 7 July 5 Numbers: No limit

On May 3 we will be beginning the first of a 10 part series “In Their Footsteps” based on a TV documentary where in each moving story a family member will retrace the steps of a close ancestor's wartime experiences Part documentary, part personal journey, you too will follow the stories of these soldiers and sailors, pilots and prisoners of war; ordinary people who did extraordinary things when they volunteered to go to war for their country. In discovering these ten unheralded heroes, rediscover the identity of our nation. Each session will be followed by afternoon tea (gold coin donation)

ROYAL SOCIETY LECTURES Course Leader: Brian Spilsbury Venue: Mittagong RSL Club

Meet 4.45 pm at the Greengrocer on Clifford & carpool to leave at 5pm sharp for Mittagong

Cost of Lectures: \$10 p.p. payable at the door Dates: May 17 June 21 Numbers: No limit

The Royal Society of N.S.W. traces its origins to the Philosophical Society of Australasia, established on June 27, 1821 and was the first scientific society in the British Colony of NSW. The society encourages 'studies and investigations in science, art, literature and philosophy' On May 17, Prof. Gordon Parker, Professor of Psychiatry UNSW & Executive Director of the Black Dog Institution, will talk about "Anti-depressants" and on June 21, Dr David Suggett UTS and Team Leader of the 'Future Reefs Program' subject will be "How Climate Change Will Impact Coral Reefs"

LET' EXPLORE Course Leader: Pat Spilsbury Venue: Places of interest Time: 9am – 4.30pm
Dates: May 17 June 28 Numbers: Limited to 24 by the number of seats on the bus

Let's Explore is a program of field trips to interesting places where members get to go to places they might otherwise not visit. These trips always have an educational component and are a very pleasant way to learn about places of interest and our beautiful countryside. In May we will be visiting Cockington Green in Canberra and in June we will be going to CARTIER - THE EXHIBITION at the National Gallery of Australia (N.G.A.). The exhibition features some of Cartier's most beautiful jewellery made for his glittering international clientele that included royalty, aristocrats, socialites, and stars of the stage, cinema and music. This will be a popular trip so please purchase your ticket early. Full details when confirmed.

FRIDAY CLASSES

CLEOPATRA'S NOSE Course Leader: John Miller Venue: Workers Time: 10.30am – 12 noon
Dates: May 11 & 25 June 8 & 22 Numbers: No limit

Cleopatra's Nose is the course where we look at historical events and ask the question WHAT IF? If circumstances had been slightly different, would subsequent events have followed a different course? Schedule for Term 2 :- May 11 – MARALINGA – Australia's nuclear legacy; May 25 – FLORENCE NIGHTINGALE – Nursing – no job for a lady!; June 8 – GANDHI – From accidental activist to international icon; June 22 – THE MIRACLE OF LEIPZIG - How the peaceful protest of people holding candles played a key role in bringing down the Berlin Wall.

PHOTOGRAPHY S.I.G. Course Leader: Perc Carter Venue: Depot Time: 10.am – 12 noon
Dates: May 18 June 15 & 29 July 6 Numbers: Min 4 Max 20

The Photography Special Interest Group provides a forum for photographers of all skill levels to interact with lovers of photography. Members will expand their photographic skills through talks, set tasks, practise, peer review and support, irrespective of the type of camera they use.

SATURDAY CLASSES

ARMCHAIR TRAVEL. Course Leader: Pat Spilsbury Venue: Depot Time: 1.30pm - 3pm
Dates: May 19 June 16 Numbers: No limit

Armchair Travel takes people to faraway places without leaving the comfort of their armchair and provides a sensory experience and the opportunity to learn about exotic lands from people who have first hand knowledge. With so many of our members travelling these days both in Australia and overseas, we have no shortage of potential guest speakers to tell us about their wonderful travel experiences The first Armchair Travel of Term 2 will be a 'trip' to Chile, on Saturday, May 19 with Christine Bently, who has not long returned from a visit there. On June 16 we are hoping to 'go' to India (to be confirmed) Both talks will be followed by a delicious, themed afternoon tea (gold coin donation)

GRIST FOR THE MILL Course Leader: Pat Spilsbury Venue: Depot
Time: 1.30pm – 3pm Dates: May 12 Numbers: No limit

Grist for the Mill is a discussion forum – a series of talks by people who are knowledgeable in their field, on subjects which will be lively, interesting, topical and sometimes contentious! "All that is grist for the mill" means everything can be made useful, so after these talks and discussions something positive can be made out of them. Participants will be able to ask questions during the talk and mingle over a 'cuppa' at the end of the talk. It is hoped that Alzheimers Australia's Jane Bushell, Dementia Advisor for Goulburn/Upper Lachlan/Wingecarribee, will be our Guest Speaker on May 12, subject to her availability. The forum is open to visitors & friends of members. Gold coin donation for afternoon tea



VEGETABLE GARDENING Course Leader: Pat St. George Venue: Community Gardens
Time: 9am – 10am Numbers: No limit Dates: May 5, 12, 19, 26 June 2, 9, 16, 23, 30 July 7

Learn the basic vegetable gardening skills by 'hands on' practical application of helping look after a vegetable garden bed. Must be able to attend the garden beds most Saturday mornings for approximately one hour

PLANT 2 PLATE & SEED SAVERS Course Leaders: Ray Shiel Ros Thomson Di Picker
Venue: Community Gardens Time: 10am – 12 noon Dates: Leaders will advise participants
 Dates: May 5, 26, June 16, July 7

Ray will be running this practical course so participants can learn the skill to grow, care for and harvest a range of vegetables and herbs with better flavour and nutrition for your kitchen to improve your health and well being. Emphasis will be the 'bigger picture' such as soil composition etc. Ros will be looking at the importance of companion planting while Di will show participants seed saving techniques.

SUNDAY CLASSES

RAMBLERS Course Leaders: Heather Pearsall & Brian Spilsbury Venue: Various destinations
Time: Meet at the Rotunda in Belmore Park at 8am Numbers: No limit Dates: May 27, June 24, July 22

Ramblers are a group that go for 5 to 15 km bush walks, which are local or within approximately 1 hours drive of Goulburn, three times a term. They need to wear comfortable clothes and shoes suitable for walking on bush tracks, a hat to protect them from the sun and need to carry at least a litre of water, more if a hot day is forecast, and a snack of some kind. Bringing a compression bandage and raingear is recommended. They need to be physically fit enough to walk the distance and be able to keep up with the rest of the group.

AUSLAN – Sign Language Course Leader: To be advised Venue: Depot Time: 2pm – 3pm
Dates: Weekly from May 13

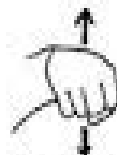
As we get older we may find that our hearing can become a 'bit of a blur' so the sensible thing is to have your hearing checked to see if you need hearing aids and/or learn Auslan - Sign Language which will make life much easier. We will be starting classes, with a qualified teacher of Auslan at the Depot on Sunday afternoons, weekly, - 2pm - 3pm - from May 13 (date to be confirmed)



"Hello"



"Good Bye"



"Yes"



"No"



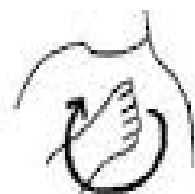
"Thanks"



"You're Welcome"



"Please"



"Sorry"