



THE UNIVERSITY OF THE THIRD AGE

# **BRIGHT DISTRICT U3A INC**

## **2023 Courses / Activities**

20 April 2023



### **BRIGHT DISTRICT U3A INC Contact Details**

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Bright VIC 3741

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Dates: 02/02/2023 - 31/12/2023 Frequency: Each week, Thu 17:00 - 20:30 Location: U3A Room 1 2 Cobden Street Bright Convenor: Greg Withers Fee: \$0.00		
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## **MONDAY**

### **23ACT01: BIRDWATCHING**

**Type: Long inc holidays**

**Dates: 13/02/2023 - 11/12/2023**

**Frequency: 2nd and 4th week of month, Mon 8:00 - 0:00**

**Location: Sen Citizens carpark 10 Cobden Street Bright**

**Convenor: Bill Hayes**

**Fee: \$0.00**

**Convenor2: Linda Hayes**

Local and away trips with various finish times depending on location. Carpooling is encouraged and passengers may be asked to contribute to fuel costs.

If you join us, this is what you can expect:

Visiting pleasant bushland and parkland settings. Some gentle walking may be involved.

Finding birds, watching their behaviour.

Learning to identify birds visually, and by their calls.

Sharing knowledge with others, and learning from more experienced birders.

Learning correct use of binoculars, and how to use field guides.

Photographing birds and other nature subjects (optional)

Enjoying picnic lunches and coffee shops with sociable people

Having fun. No experience necessary, all are welcome.

**hayesbill@bigpond.com**

### **23SOC01: BLOKE'S BUSINESS**

**Type: Long inc holidays**

**Dates: 06/02/2023 - 31/12/2023**

**Frequency: 1st and 3rd weeks of the month, Mon 10:00 - 11:00**

**Location: Riverdeck Kitchen 16 Howitt Lane Bright**

**Convenor: Terry Thompson**

**Fee: \$0.00**

We very much enjoy talking about, for instance, current news, world events and the tales of the differing past occupations, travels and hobbies.

Terrence Thompson – CONVENOR

## **23HUM01: PHILOSOPHY**

**Type: Long inc holidays**

**Dates: 27/03/2023 - 30/12/2023**

**Frequency: 2nd and 4th week of month, Mon 13:00 - 15:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Keith Ashfold**

**Fee: \$0.00**

WHY PHILOSOPHY? The rationale of being, knowledge and right conduct The investigation of natural phenomena The gaining of a personal outlook on life Matters to be discussed in two 2 hour sessions per month may include:- The purpose of life What is truth? How the ancients viewed their world The illusion of reality Beliefs are important The origins of gods Faith versus experience Views of modern philosophers Creation or evolution? Body and soul duality Foundations of personal beliefs The why of unhappiness Are worldly ills essential? Does God's heaven exist now on earth? How valuable to you is a personal philosophy? Can our senses be trusted? Ethics are elastic Machiavellian principles Two views of the earth's fate & more...

Persons of all beliefs are invited to join with others willing to discuss in a non-judgemental and non-confrontational way, the basis and worth of the many, often conflicting, beliefs held by great minds over past millennia.

To ensure discussions are open and productive, attendees will be expected to offer their own views calmly without intending offence and to listen attentively to others without taking offence. Remember, people learn through listening not through talking The main objectives of the course include giving attendees an appreciation of why they believe what they do and why the different beliefs of others may be equally valid. Also, through the opportunity to consider new and perhaps novel viewpoints, attendees may develop a personal philosophy of life that best suits themselves. Suggestions on particular subjects of interest are most welcome.

Send any queries to the Convenor, KEITH ASHFOLD, at [kayellaye@gmail.com](mailto:kayellaye@gmail.com)

PLEASE NOTE that for the month of February, Philosophy will be commencing WEEK 4 Tuesday 22nd Feb

There are no prerequisites for this course and members can join after the initial start date. Course notes for Philosophy will SOON be available on our U3A website:- [www.u3abright.org.au](http://www.u3abright.org.au) under the OUT N ABOUT drop down arrow. This will allow you to read online or download the course notes.

## **23MUS02: INTERMEDIATE GUITAR**

**Type: Long inc holidays**

**Dates: 06/02/2023 - 31/12/2023**

**Frequency: Each week, Mon 17:00 - 20:30**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Greg Withers**

**Fee: \$0.00**

Participants need to bring their own electric guitar, and practice amp. The activity is for existing guitarists of intermediate level. The only activity will be group guitar practice, playing popular songs.

[gregandrosiewithers@gmail.com](mailto:gregandrosiewithers@gmail.com)

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## **TUESDAY**

### **23ACT03: CASUAL CYCLING**

**Type: Long inc holidays**

**Dates: 31/01/2023 - 30/12/2023**

**Frequency: Each week, Tue 9:00 - 16:00**

**Location: Railshed opp museum M2M Rail trail Bright**

**Convenor: Peter Shennan**

**Fee: \$0.00**

**Convenor2: Helen Carlson**

Activities of the group include, but are not limited to, the following:

#### Regular Weekly Rides

A regular weekly ride is organised most Tuesday mornings with starting times dependant on the season and the ride's route. These rides are a combination of local rides from our starting point at the old railway shed behind the Bright Museum and 'Drive and Rides' in the northeast Victoria area with various start points.

#### Non-Regular Rides

Other rides e.g. lunch rides, rides to dinner locations, special interest rides, distance challenge ride (eg 50km, 100km), may also be organised at various times.

#### Away Rides

Occasionally an "away" trip of a few days to a week may be organised where members of the group travel independently to a location and arrange their own accommodation and then meet daily for rides around that location led by member/s with knowledge of the suitable rides in that location.

Social activities include get-togethers for fun, entertainment or education etc often with a bike focus eg film night, bike maintenance, Christmas party, celebrations etc at a venue or a member's house.

As this is such a large group with an extensive range and number of activities, there are additional leaders to support and assist Sue and Arno at various times throughout the year: -

Lorraine & Peter SHENNAN lshennan50@gmail.com

pshennan@bigpond.com

Helen & Roger CARLSON handrcarlson@gmail.com

Ron & Leah MILNE rronm73@hotmail.com

leahmilne1@hotmail.com

Convenors

Sue and Arno van Winden

Ph: 0418 846 839 Email: suevanwinden@gmail.com

arnovanwinden1@gmail.com

#### Own bicycle and cycling gear

U3A organised rides have a leader and a sweeper. A first aid kit and the riders' emergency contact list is carried on the ride. Riders "sign in" at the start of each ride. All riders are encouraged to share the responsibility of carrying the first aid kit and contact list and act as sweep/leader when they feel confident to do this. Riders who vary their route to the announced ride do so at their own risk.

You will receive an email from each week's coordinator, usually over the preceding weekend, to let you know the ride and when and where to meet for the weekly ride.

It is strongly recommended that all bike riders in the group have current ambulance insurance and that you carry a mobile phone, two spare tubes and a pump on every ride. Bike riding insurance that can be taken out through Bicycle Network ([www.bicyclenetwork.com.au](http://www.bicyclenetwork.com.au)) is also worth considering.

## **23ART01: DRAWING AND PAINTING**

**Type: Long inc holidays**

**Dates: 31/01/2023 - 19/12/2023**

**Frequency: Each week, Tue 10:00 - 12:00**

**Location: Bright Art Gallery 28 Mountbatten Ave Bright**

**Convenor:**

**Fee: \$0.00**

Uses the Bright Art Gallery for regular art sessions.

We run weekly throughout the year except for a short break over the Christmas period

snp.mccall@gmail.com

## **23ACT04: YOGA**

**Type: Long exc holidays**

**Dates: 02/05/2023 - 31/12/2023**

**Frequency: Each week, Tue 11:00 - 12:30**

**Location: Room 1 and 2**

**Convenor: Franca Shewell**

**Fee: \$0.00**

Franca has been practicing and teaching various forms of yoga for 23+ years and now teaches Slow, Mindful Yoga.

Slow Mindful Yoga offers many benefits, including the potential for increased flexibility, strength, balance, and mobility: all qualities frequently sought after by older adults.

Participants are asked to pay \$5 per session to cover convenor's travelling expenses.

You are asked to bring a mat, blanket and cushion as well as any yoga props you may have.

There must be at least 8 participants for this group to go ahead.

## **23GAM01: CARD GAMES**

**Type: Long inc holidays**

**Dates: 31/01/2023 - 31/12/2023**

**Frequency: Each week, Tue 13:00 - 16:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Kevin Hancock**

**Fee: \$0.00**

Card Games runs weekly all year with just a short break over Christmas. This group used to be just Canasta but it has been expanded to include other card games. Games to be decided by participants at each session. New games welcome.

## **23ZZZ07: SENIOR CITS BRIDGE GROUP**

**Type: Long exc holidays**

**Dates: 28/03/2023 - 31/12/2023**

**Frequency: Each week, Tue 18:30 - 20:00**

**Location: Room 1 and 2**

**Convenor:**

**Fee: \$0.00**

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## **WEDNESDAY**

### **23ACT02: BUSHWALKING**

**Type: Long inc holidays**

**Dates: 15/02/2023 - 20/12/2023**

**Frequency: 3rd week of the month, Wed 9:00 - 0:00**

**Location: Sen Citizens carpark 10 Cobden Street Bright**

**Convenor: Malcolm Millar**

**Fee: \$0.00**

PLEASE NOTE that BUSHWALKING is held on the FIRST SATURDAY & THIRD WEDNESDAY of each month.

The 12 month program of walks is available on our website in 2 parts-January to June & July to December. The Convenor will also email the program to all participants in January & July.

Various locations & start times. Car pooling - pay driver

The Bushwalking group has a program of walks for the year so the venue changes for each walk. Car pooling is available for transport to the start point.

Walks range from easy to challenging and highlight the beauty of the Alpine Valleys and High Country.

malcolmmillar@optusnet.com.au

### **23CRA01: WOODWORK**

**Type: Long inc holidays**

**Dates: 01/02/2023 - 20/12/2023**

**Frequency: Each week, Wed 12:00 - 16:00**

**Location: Bright United Mens Shed BUMS 14 Churchill Avenue Bright**

**Convenor: Glenn O'Connell**

**Fee: \$0.00**

**Convenor2: Hilda Rozitis**

Members of the Woodwork Group meet weekly each Wednesday afternoon from 12 – 4pm at the Bright United Men's Shed. We are in recess over the Victorian Christmas school holiday period.

Under the Tutoring of Glenn, both men and women undertake a variety of personal projects to either create, repair or fabricate some wood feature.

A highlight of each week surrounds the afternoon tea break. Much hilarity and laughter fills the room. Here we exchange views on various topics from Politics to ethics and personal life experiences.

Our group maintains their finances and supplements the consumables we use by manufacturing and selling chopping boards to local businesses.

All are inspired by the creativity and energy that is engendered within the group.

AN ECLECTIC GROUP INDEED.

glencoconnell30@gmail.com



## **23GAM02: MAHJONG**

**Type: Long inc holidays**

**Dates: 01/02/2023 - 31/12/2023**

**Frequency: Each week, Wed 13:00 - 16:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Jan Davey**

**Fee: \$0.00**

Mahjong is a Chinese tile based game and is played individually not with partners. It is a game of luck and strategy aided by a games book for reference and helps to keep the mind active. Beginners are welcome to come along.  
jan.davey1@bigpond.com

## **23LIT01: NON FICTION BOOK INTEREST GROUP    Type: Long exc holidays**

**Dates: 22/02/2023 - 22/11/2023**

**Frequency: 4th week of the month, Wed 14:00 - 16:00**

**Location: Yvonne Ward 6703 Great Alpine Road Porepunkah**

**Convenor: Yvonne Ward**

**Fee: \$0.00**

There will be a different theme each month, and a featured book.

Hopefully a list will available at the start of each term, but due to circumstances, may have to be varied. I invite suggestions of books and themes to be featured. To date we have had themes of Antarctic exploration, and Shakespeare.

The format will be:

Welcome

PART 1: a. Presentation by Speaker – including a summary of the featured book.

b. Discussion of the book and books on the the broader theme by everyone

PART 2: “Show and Tell” Bring along a non-fiction book that you have read (or would like to read), and tell the group about it...

PART 3: Notice for next meeting; Ideas for future themes; Refreshments ...

yward13@gmail.com

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## **THURSDAY**

### **23SOC02: DECKERS**

**Type: Long inc holidays**

**Dates: 16/02/2023 - 20/12/2023**

**Frequency: Once per month, Thu 0:00 - 0:00**

**Location:**

**Convenor: Robyn Cirulis**

**Fee: \$0.00**

Deckers is on hold until we decide our social activities at our new venue.

### **23LAN01: BEGINNER FRENCH**

**Type: Long inc holidays**

**Dates: 02/02/2023 - 31/12/2023**

**Frequency: Each week, Thu 9:00 - 10:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Brett Lidbury**

**Fee: \$0.00**

The French language programme offers lessons and conversation to accommodate any level of proficiency. To join the Beginners group, no previous background in French is required, with revision built into the lesson structure to allow members to join at any time without being disadvantaged.

For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday morning at 10.30am for beginners in French!

### **23LAN02: FRENCH**

**Type: Long inc holidays**

**Dates: 02/02/2023 - 31/12/2023**

**Frequency: Each week, Thu 10:30 - 11:30**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Suzanne McKinley**

**Fee: \$0.00**

**Convenor2: Brett Lidbury**

The French language programme offers lessons and conversation to accommodate any level of proficiency. For the Intermediate - Advanced class, the ability to speak basic sentences in French is an advantage, with moderate proficiency to read French text helpful. Listening is a core skill that we regularly practice during lessons, through access to French audio, broadcasts, and so on.

If a Beginner, you are always welcome to participate in the Intermediate - Advanced class once you feel ready, or simply listen to class as we conduct our language exercises. We also hold regular coffee and conversation meetings to practice - currently at Blackbird Café each Monday morning at 10.30am

## **23CRA02: WOOLCRAFTS**

**Type: Long inc holidays**

**Dates: 02/02/2023 - 31/12/2023**

**Frequency: 1st and 3rd weeks of the month, Thu 10:30 - 0:00**

**Location: Nightingales orchard & café 708 Morses Creek Road Wandiligong**

**Convenor:**

**Fee: \$0.00**

Wool crafters meet on the first and third Thursday of every month. We normally meet at Nightingales, Wandiligong at 10.30 am, unless otherwise specified. We continue all year but break for the Christmas school holidays. We are a fun group who get together to do any craft that involves wool; knitting, crocheting, embroidery, felting etc. We share patterns and ideas and also help with problem solving with patterns etc as needed.

## **23LIT02: WRITERS GROUP**

**Type: Long exc holidays**

**Dates: 09/02/2023 - 31/12/2023**

**Frequency: Second week of the month, Thu 10:30 - 12:00**

**Location: DUMU Balcony Café 4 Ireland Street Bright**

**Convenor: Tony Strachan**

**Fee: \$0.00**

The U3A Writers Group meets on the second Thursday of each month at 10:30 am at DUMU balcony café.

It is an informal session with lots of animated discussion around a topic chosen the previous month, and on which most of us write a short 200 – 300 word paragraph or poem. Encouraging and constructive comment is invoked from the group and a new topic chosen for the next meeting.

We also discuss various writers, their work and their ideas on the writing process, and just about anything else related to the writing world.

But most of all, we have fun and nothing is taken too seriously. Come along and sit in on a session.

tonystrchn@gmail.com

## **23LAN04: IRISH LANGUAGE**

**Type: Long exc holidays**

**Dates: 02/03/2023 - 31/12/2023**

**Frequency: Each week, Thu 13:00 - 14:00**

**Location: U3A Main Hall 2 Cobden Street Bright**

**Convenor: Roy Kennedy**

**Fee: \$0.00**

The Irish language program offers lessons and conversation at Beginner's level. No previous knowledge or background in the language is required with review and revision built into the course so that members can join at any time. The course will focus on conversational Irish using a variety of resources including a textbook, websites, podcasts, and Irish language TV & Radio to engage in the language.

Participants are encouraged to purchase the multi-media textbook, Gaeilge gan Stró, available at cost price (\$50 plus postage) through the convenor.

roy.w.kennedy@outlook.com

## **23MUS03: INTERMEDIATE GUITAR**

**Type: Long inc holidays**

**Dates: 02/02/2023 - 31/12/2023**

**Frequency: Each week, Thu 17:00 - 20:30**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Greg Withers**

**Fee: \$0.00**

Participants need to bring their own electric guitar, and practice amp. The activity is for existing guitarists of intermediate level. The only activity will be group guitar practice, playing popular songs.  
gregandrosiewithers@gmail.com

## **FRIDAY**

### **23LAN03: RUSSIAN**

**Type: Long exc holidays**

**Dates: 03/02/2023 - 31/12/2023**

**Frequency: Each week, Fri 9:00 - 10:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Tatjana Filicin**

**Fee: \$0.00**

The aim of our group is to learn Russian language in a friendly and relaxed atmosphere. To achieve that, we use books, websites, Russian movies and Russian songs. That way we learn about the Russian culture as well.

### **23GAM03: SCRABBLE**

**Type: Long inc holidays**

**Dates: 27/01/2023 - 31/12/2023**

**Frequency: Each week, Fri 10:15 - 14:00**

**Location: U3A Room 1 2 Cobden Street Bright**

**Convenor: Rosemary Withers**

**Fee: \$0.00**

Join a friendly group each week for a relaxed game of Scrabble. Scrabble is a fun word board game, played by forming interlocking words on the board using letter tiles with various score values, with the objective of getting the highest score. [gregandrosiewithers@gmail.com](mailto:gregandrosiewithers@gmail.com)

### **23SOC04: Casual cuppa, cake & conversation Type: Long exc holidays**

**Dates: 03/03/2023 - 31/12/2023**

**Frequency: Once per month, Fri 10:30 - 11:30**

**Location: U3A Main Hall 2 Cobden Street Bright**

**Convenor: Marianne Dredge**

**Fee: \$2.00**

Come along to the main hall at U3A building in Cobden Street for an hour of chat, coffee and cake. No need to enrol - just turn up.

Cost is \$2 for food and beverages

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