



Terry Beaumont: STATE EMERGENCY SERVICES(Kiama)

Monday 3rd February

During the bushfires, the importance of volunteer services has been paramount. The NSW State Emergency Service (NSW SES) is an emergency and rescue service dedicated to assisting the community. It is a volunteer-based organization that provides emergency assistance to the people of NSW. It is the approximately 9,000 volunteers across the state that make this possible. NSW SES Volunteers come from all walks of life, bringing with them many different skills, interests and backgrounds. They are united by the purpose of supporting their communities in times of need.

Terry Beaumont is a trainer/assessor with the Kiama SES and former warrant officer in the Army having served in Defence Forces for 25 years.

Sidney Pohorille:

BUSH REGENERATION AFTER THE FIRES

Monday 10th February

The bushfires have left a trail of destruction to nature as well as the loss of homes and have had a huge impact on communities.

It will take a long time for the communities to recover from the destruction of bushfires on houses and people. The impact on the environment is also major.

Sidney will consider how to help the revegetation of areas destroyed. He considers the need to start with a plan, preparation and monitoring your site. Sidney has useful tips about spacing, safety, pest control, maintenance, weed control, pruning, watering, fertilizing and where to go for more information and help.

Sidney Pohorille is a qualified international horticultural and herbal specialist with 50 years of experience.

Clayton McDowell: THE DESERT ROSE PROJECT

Monday 17th February

Desert Rose was a joint UOW-TAFE NSW entry into the Solar Decathlon Middle East 2018, an international design and construction competition that focuses on sustainability. The project produced a sustainable house and finished second in the competition. The Desert Rose is a student-designed and -built house that produces more energy than it uses. As an added benefit, the house was designed to support people living with dementia and other age-related conditions.

Clayton McDowell is the Project Manager of the Desert Rose project

Excursion (See details on page 3)

Monday 24th February



Ken Jeffrey: THE SCOTTISH RADICALS

Monday 2nd March

This year is the bicentennial of an uprising of men from Central Scotland demanding democratic rights such as a vote. The Battle of Bonnymuir ensued and the outcome has connections to Australia

Ken Jeffrey is a native of Scotland, specifically the ancient city of Stirling.

Charles Walker: HIP OPERATION: A PATIENTS VIEW OF A NEW HIP

Monday 9th March

In mid-2019, Charles had a new hip installed and he was stunned at the success of the operation. The surgeon used a relatively unknown technique, as did the anaesthetist, who has been happy to share some details with Charles.

Charles would like to share his experience as many of our members will be facing the same problem sooner or later.

Charles Walker is an engineer, but it was his knowledge of basic carpentry and experience as a patient that helps him understand hip operations.

Bob Shaw: HISTORY OF PHOTOGRAPHY

Monday 16th March

Bob will take us through the history of photography from box brownie to digital with a down-to-earth, inclusive and helpful guide to photography.

Bob Shaw is a professional photographer with his company *Aspiration Images* based in Kiama.

SINGING IS GOOD FOR YOUR HEALTH

Monday 23rd March

Sing Australia believes that singing is for everyone: it is a primal expression connecting us to each other, our history, our struggles, our memories and our future hopes. Studies have shown that singing together releases endorphins that can give us energy and lower stress levels

Maree Shepherd, is a NIDA graduate and coordinates two choirs. SING AUSTRALIA Kiama and SING AUSTRALIA Sutherland.