

University of the Third Age [U3A]  
MILTON-ULLADULLA CAMPUS  
Term 1            February 2022  
Newsletter      Volume 25 Issue 1

### TERM DATES 2022

Term 1	Monday 14 February	to	Friday 08 April [8 weeks]
Term 2	Monday 26 April	to	Friday 01 July
Term 3	Monday 18 July	to	Friday 23 September
Term 4	Monday 10 October	to	Friday 16 December

### M-U U3A CAMPUS COMMITTEE

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### CONTACTS

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Committee members are also contactable through the website via 'blind' e-mail addresses ... just send a message; it will be forwarded.

### VENUES

The Campus Lecture room is The Harry Higgs Room in the Milton Cultural Centre [next to the Milton Library].

Lectures are also held at other venues throughout the area; the term newsletter and timetable contain the detail.

### SUBSCRIPTIONS AND FEES

Membership of Milton-Ulladulla U3A Campus is usually \$50 per year, payable in January. However, for 2022 fees are being halved owing to the disruption caused by COVID-19 over the previous 2 years.

There are no course fees

## **PRESIDENT'S MESSAGE**

I'd like to wish all our members good health and a happy 2022. I hope everyone enjoyed the festive season and is settling down for another year. It's certainly been a busy start with the tourists flocking to the area, and many locals keeping a low profile!

The tutors and committee had a get together just before Christmas at the Bowling Club where Life Memberships were awarded to Enid Everingham and Chris Graham for outstanding contribution to U3A Milton Ulladulla. Well deserved to both people and good to see they are both still actively involved.

Unfortunately, COVID is still an issue for us, but we will continue our classes and follow the rules set by the NSW government, and if necessary we will set some additional restrictions. It is important that people follow the rules but only undertake activities if they are personally comfortable with the conditions. More on this elsewhere in the Newsletter.

Thanks for our continuing tutors that make our courses possible and welcome to our new tutors (see the program for details).

Finally, don't forget to renew your memberships for the year before the term starts.

I look forward to catching up with you during the year.

Alister Nairn

## **COVID-19 SAFETY PLAN**

The NSW Government and our own COVID-19 Safety Procedures may require us to observe some or all of the following protocols for any M-U U3A course:

- Be at least double vaccinated or vaccination exempt
- Do not attend a course if you are feeling unwell or have had contact with someone with COVID-19 and should be self-isolating
- Bring your own water bottle and pen
- Record your attendance via QR check-in [or ensure your tutor has recorded your presence]
- Sanitise hands on arrival
- Wear a mask whilst participating in the course
- Observe a safety zone of 2 square metres around you at 1.5 metres separation
- Retain air circulation in the classroom whilst attending a course
- Wipe down any part of the room that has been used, eg: tables, chairs, electric switches, photocopier
- Wear gloves when cleaning, and dispose of all cleaning material in garbage bins
- Leave classes without congregating

The Harry Higgs room can accommodate 16 with a 2 square metres safety zone.

Sanitising products will be available in the Harry Higgs room or supplied to tutors if their course is elsewhere.

## **APPRECIATION**

All our Tutors give their time voluntarily, and inevitably spend a lot of time preparing their courses to be enjoyed by members. Without their commitment and enthusiasm, our U3A would not exist.

Tutors - we cannot thank you enough.

## NOTICES TO MEMBERS

### MEMBERSHIP BADGES

Your Membership Badge for 2022 signifies you are a current financial member.

Please wear your membership badge to classes and functions; it so does help identify you to those around you.

### HARRY HIGGS ROOM

We all like to enter the Harry Higgs Room and see it in good condition. We ask that at the end of sessions, tables and chairs are put away, boards are cleaned, and general tidying up is completed - including wiping down tables if you have enjoyed drink or food on them; also, if the rubbish bin is full or contains decomposables please empty it in the council bins outside the room.

### PUBLICITY

The Committee very much appreciates information given by members for publication on our website. If you have anything that you think may be of interest to other members, please let us know by email or contact the webmaster at the addresses shown on the first page.

### DVD FILMS MISSING FROM OUR LIBRARY

A recent check of our DVD Film Library has shown that some have been missing for some time. Members are asked to check their collections to ensure that M-U campus property has not been inadvertently retained. Could any film found please be returned as soon as possible so that it may be enjoyed by other members.

### INSURANCE

All Milton-Ulladulla U3A activities are covered by Public Liability Insurance organised by the U3A Network - NSW. It covers the legal liability of the M-U campus to members and the general public concerning bodily injury and property damage. The sum insured is for \$20,000,000.

**Insurance coverage for members is validated by their being financial and having their names on the course attendance list.**

### DISCLAIMER

The Courses and Activities provided by the Milton-Ulladulla Campus Inc are intended only to supply information in a social setting to satisfy general interest, and in no way do they constitute professional advice on which participants should act or rely.

U3A Milton-Ulladulla Campus Inc, its committees and its course and activity leaders, does not accept responsibility for any losses of any kind suffered by anyone arising from their participation in a course or activity.

Members enrolling and taking part in Milton-Ulladulla campus courses or activities are deemed to accept this disclaimer and the limitation of liability of the U3A Milton-Ulladulla Campus Inc and its committee and its course and activity leaders.

## THE 2022 TERM 1 PROGRAMME

This term's programme has been put together on the understanding that local COVID-19 restrictions will not be more severe by mid-February, and that we will be able to use the Harry Higgs room and other venues - probably conditionally - from that date. Currently, the Catholic Church Hall, the Ulladulla Bowling Club, the Anglican Church Hall and the Milton Public School have given us assurance they can be used. If things change, we will let people know the situation.

### NEW COURSES

We have 6 new courses this term.

Ikebana - Japanese Flower Arranging Aya Shibata 0432 742 482

Aya is a Professor of the Ikenbono School. Her hands-on course is for beginners in the Japanese floral art of Ikebana; she will introduce you to the main principles behind the art form, and teach you the basic skills required to express it. Students will also learn the beauty of Japanese culture and the philosophy behind Ikebana

Communism in power from Stalin to Mao Ross Wade 4455 4185

Ross is continuing his presentation of the history of Communism from his previous course in which he outlined its development up to the death of Lenin. The struggle to determine a successor to Lenin saw the rise of an unscrupulous party official named Joseph Stalin. By the time of his death in 1953, communist governments controlled a third of the world's population, and were a serious challenge to the democratic ideal. In this course, Ross will look at Stalinism and post-Stalinism, and Communism in Asia

The History of the Levant Geoffrey Andrews 4454 3580

The Levant has been fought over and occupied by different groups for 1000s of years and as a result its resident peoples have dispersed over the known world. It has become much in focus since 1945 with the colonial powers creating separate states, particularly Israel. The claims of the other large group, the Philistines (now known as Palestinians) were largely ignored. The course will cover every aspect of this complex area

Cryptic Crosswords - Beginning Margo Lester 4455 1760

Margo is offering a cryptic crossword beginners' class to complement John Dallimore's more advanced sessions. If you are interested in joining those who enjoy this form of mental exercise, contact her now. Margo's course is held in her home, so there is a maximum of 6 participants

Introduction to Astrophysics Chris Graham 4454 3025

Whilst it is possible to appreciate astronomy with words and images, the goal of this Great Course DVD is to give participants a deeper understanding of the magnificence that is the Universe in which we live. This course, run over 2 terms, conveys the foundations of Astrophysics with the aim of satisfying and stimulating curiosity; its pre-requisites are a desire to understand the majesty of it all, a capacity and patience for learning about amazing things, and the harbouring of an innate sense of wonder

Greek Tragedy Enid Everingham 0428 542 430

Two-and-a-half thousand years after they were written, ancient Greek Dramas such as Eumenides, Oedipus the King, and Trojan Women retain a compelling, almost incantatory power. Enid's course is based on a Great Course DVD in which the presenter observes: "It is a notable paradox that Greek tragedy, a dramatic form that flourished for less than a century, that began in a particular religious festival of a particular god some 2,500 years ago, remains vibrant, alive, and productive today". The great tragedies shed light on the extraordinary time, place, and people that produced them, and they may help us—as perhaps they helped their original audiences—grasp a fuller sense of both the terror and wonder that life presents. Join Enid as she takes you through the reasons why these works have survived the test of time.

## RETURNING COURSES

Hatha Yoga Annette Craig 0448 900 086

Hatha Yoga is a traditional yoga practice incorporating breathing, relaxation and asanas (yoga postures); its aim is to provide a sense of balance between mental, physical and spiritual aspects of the body. No matter what your level of fitness or age, hatha yoga is for everyone since its form is gentle and traditional, and is suitable for those with physical limitations. With over 40 years of practice, Annette is able to provide a class modified to individual needs. Please wear loose comfortable clothing, and bring with you a yoga mat or equivalent, a blanket or large towel, plus a soft pillow, since the Milton Anglican Hall [where the course is being held] has hard timber flooring

Film Appreciation Ted Gordon 4455 2313

Ted is hoping to get back into the swing with the film afternoons, but we need to be aware that some restrictions may be imposed. This term he will be showing, inter alia, 'Hannah and her Sisters', 'Finding your Feet', 'Elmer Gantry', and 'Poms'

World Textiles Judy Richmond 0414 746 537

Judy was introduced to spinning, weaving and dyeing in 1970 and has been passionate about textiles ever since. This course is not a "How to ..." with textile arts; rather, it involves viewing, discussing and appreciating specific examples of a variety of textile forms. During this 7-session course held in her home, Judy will look at and discuss a variety of textiles, ranging from artefacts, everyday clothing, and traditional and ceremonial items. The emphasis will be on the great diversity, interest and beauty of textiles world-wide. Actual textile items presented will include items from Japan, Peru, Africa, Uzbekistan, Indonesia, Vietnam, Laos, Burma, Bhutan, India and some Australian cultures. Brief details on raw materials, equipment and structures employed to create these works will be included. Resources used will include samples of plant and animal dyed fibres; workshop dyeing and weaving samplers; reference to museum and gallery items; fabrics, household items, garments and accessories from around the world; textile reference works; travel images, and U-tube clips. Judy will provide information sheets for each session. One course aim is to encourage participants to develop ways to consider and to analyse textiles of interest to them

## CONTINUING COURSES

Singing for Pleasure Elisabeth Andrews 4454 3580

Singing for Pleasure, under Elisabeth's guidance, is now in its fifteenth year; it has a band of reliable singers who would welcome and help newcomers. The group aims to sing in three or four parts, and would be glad to see new members in all sections of the choir - but especially in the tenor and bass registers - whether or not they can read music. Whilst achieving a standard is satisfying, everybody finds that it is good to have a performance to work for; this is not a frightening experience, and is fun. The aim of the course is to give pleasure, and to demonstrate to yourself and to others what you can do

French - Intermediate Roger Parris 0413 884 745

Roger's class has graduated to the intermediate level [see Thursday for beginners]. Join him to continue your journey into the language

Line Dancing for Beginners Helen Reeson 0402 089 422

As Helen says, Line Dancing is all about moving to music, having fun with friends, and exercising both mind and body ... it is definitely not about boots, buckles and hoe-downs. Routines follow a variety of music and dance styles - including waltzes, rhumbas, and cha-chas. You don't need a partner, and steps can be modified to suit individual needs or restrictions. Sessions run on Mondays from 1200 to 1300 at the Catholic Church Hall on the corner of Green and St Vincent's streets. So, get along and get started with basic steps and easy dances - and enjoy a cuppa afterwards

M-U U3A Book Club Carmen Champion [carmenchampion18@gmail.com](mailto:carmenchampion18@gmail.com) 0413 489 537

The bookclub meets on the third Monday of the month at 1230 upstairs at the Ulladulla Bowling Club [participants need to be members of the Club]. The bookclub operates with a maximum of 13, but currently has a few vacancies - contact Carmen [preferably via e-mail] to check if there is room

Cryptic Crosswords: Intermediate 1 John Dallimore 4454 1453

This class follows on from John's Intermediate 2 class, and is aimed at those who still need a bit of guidance before attempting his advanced class. As well having participants work on particular puzzles, he looks at solutions to other offerings, and dissects the clues to reveal the answers

The Western Philosophical Tradition Roy Liegel 0490 110 342

Roy has been running this course for several years. It is not for beginners; to participate fully in it, a profound grounding in Philosophical study and discussion is essential. Contact Enid Everingham [0428 542 430] for details of venues

Making Mosaics Colleen Ringe 0416 081 011

Mosaic patterns can be applied to many shapes, surfaces and structures. If you are a newcomer to this long-running course, Colleen will get you started by working on small items to learn the basics, and - once mastered - you can go where your imagination takes you ...

French - Beginning Noelene Hunt 4455 4465

Noelene is taking over our Beginner's French class since Roger's class has moved on. If you have ever dallied with the idea of giving the language a try, here is the opportunity to get started ... bearing in mind we have opportunities to continue improving your ability within our campus

Mah-Jong for Newcomers Bill Lampard 0413 583 689

Bill's course is for both beginners and those who would like to brush-up their skills; it is held on Thursdays from 0930 to 1200 at the Mollymook Golf Club [participants need to be members]. Bill has a number of people under tuition; check with him to see if he can take more

Dutch - Conversation Emile Jansen 0415 405 107

Emile is again offering to host casual coffee meetings for Dutch speakers wishing to use and to enjoy their language in the company of others. Contact him to determine the particulars of this year's first meeting, following which their content and direction will be decided by the participants

Current Affairs - Discussion Judy Mahon 0414 520 712

Judy is ready to focus the minds (and hearts) of those who attend this lively discussion group on the implications of everyday events and trends. This course is held upstairs at the Ulladulla Bowling Club; attendees need to be members, and a maximum of 20 is permitted

French - Advanced Pauline McAdam 0428 295 540

Pauline's fortnightly advanced course will delve more into the structure of the language and discuss current and past events in France as a vehicle for improving students' French. Pauline's first class is on 17 February at her home

Music Appreciation Fiona Thompson 0478 676 037

This term, Fiona will explore Chamber Music. She will send out PDF articles of interest with her playlists [which have public access via Spotify - search for fionathompson11]. Fiona's knowledge is not encyclopaedic, but she enjoys researching and presenting each topic. She also welcomes opinions and input from the assembled listeners! Because Fiona conducts her course in her home, attendance numbers are limited - so check with her to establish if there is room



## JOINING AND ATTENDING COURSES

If you want to participate in any of this term's courses, contact the Tutor and reserve your place on it. Don't delay, places fill rapidly; follow the old adage - do it now.

Once you have reserved your place, mark your diaries and keep the dates free. If your circumstances change and you find you can no longer attend, let the Tutor know so others may be given the opportunity to take your place!

## FOOD FOR THOUGHT ...

Members may note that our course list is again expanding as the dynamic of the COVID-19 pandemic changes. This is good. However, it would be nice to be able to offer fresh subjects as we re-open.

If you have ever thought 'I could talk about that' or 'I could show people how to do that', why don't you give tutoring a try? Chris Graham (4454 3025; [chrisjoan@hotmail.net.au](mailto:chrisjoan@hotmail.net.au)) would be delighted to hear from you if you feel you could lead a group. As food-for-thought, is there a China Painting practitioner or Bookbinder in our community? Could you run a Scrabble or Euchre group? The more variation we can offer from and to our very experienced and knowledgeable membership the more diverse and fulfilling our local U3A community will be.

... **SO DON'T BE SHY!**

Tutors are U3A's lifeblood ... so, all you closet experts/enthusiasts - remember your U3A needs you!

## TEA AND TALK

Enid Everingham co-ordinates our Saturday afternoon Tea and Talk programme held between 3 and 5 pm at the Dunn-Lewis Centre. Ideas for presentations are always sought; talk to Enid on 0428 542 430, or e-mail her at [enidever@bigpond.com](mailto:enidever@bigpond.com) if you have any suggestions ... they will be appreciated.

This term, on Saturday 26 February, Carmen Champion will speak about:

### **The Rights we think we have: Delusion vs Reality**

**We are drowning in a cacophony of opinion! Too much of it is premised on our asserted rights that, if they exist, are often misunderstood. In fact, they may not exist - except in the feverish corners of someone's mind or the dark corners of the internet.**

**Do we have rights simply because we are human? Who determines that they exist and their nature? Do they evolve as society changes or, even, fall by the wayside? How fragile are our rights? Importantly, what is the quid pro quo for our continued enjoyment of our rights: they are not free!**

Afternoon tea will be served. Bring a friend to this important event. Gold coin donation gratefully accepted.

## NOTICES OF POTENTIAL INTEREST TO MEMBERS

### THE MILTON-ULLADULLA MUSIC SOCIETY

Members are reminded about the active Milton-Ulladulla Music Society which aims to put on at least four local concerts a year, held on Sundays in St Martin's Church Hall at 2pm. Sadly, the pandemic has disrupted recent performances, but a concert is planned in this coming quarter; when we know more, we will let you know.