

University of the Third Age [U3A]
MILTON-ULLADULLA CAMPUS
Term 2 April 2022
Newsletter Volume 25 Issue 2

TERM DATES 2022

Term 2	Tuesday 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

President	Alister Nairn	0431 764 903	alisternairn@yahoo.com
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Courses' Co-ordinator/Newsletter	Chris Graham	4454 3025	chrisnjoan@hotmail.net.au

CONTACTS

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E-Mail address u3amiltonulladulla@yahoo.com

Web address www.u3amiltonulladulla.org.au

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

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

There are no course fees.

PRESIDENT'S MESSAGE

It was great to see people out and about again and attending the courses held during term 1.

For term 2 the COVID restrictions have further eased in line with NSW government regulations and our classes will start when school goes back. Check with tutors because some of the tutors may have different starting dates.

As you see elsewhere in this Newsletter, we have a few new courses for term 2. We are always looking for new ideas for courses, so if you have any particular ideas, or would like to run a course for a term please contact a committee member, or speak directly to Chris Graham, the courses' coordinator.

The AGM will be held on Wednesday 8 June, so please come along. Details will be sent out soon. We'd love to have some new faces on the Committee, a great way to contribute to your community.

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

Finally, if you are doing a course in term 2 but haven't renewed your membership, you need to do so ASAP. Instructions are on the web site - u3amiltonnulladulla.org.au

Best regards
Alister Nairn

COVID-19 SAFETY PLAN

In spite of the NSW Government's and our own COVID-19 Safety Procedures having eased a lot, we should still remain aware of the dangers posed by the virus. This 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
- Sanitise hands on arrival
- Ensure your tutor has recorded your presence
- You have the option of wearing a mask whilst participating in the course
- Observe a 1.5m safety zone around you
- Retain air circulation in the classroom whilst attending a course
- Wipe down any part of the room that has been used, e.g.: 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 20 with a 1.5metre surrounding 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

AGM

Our AGM is being held on Wednesday 8 June at 3pm in the Dunn-Lewis Centre. Please note the date and plan to join us there.

MEMBERSHIP BADGES

Your Membership Badge for 2022, which you need to be able to attend a course signifies that you are a current financial member.

Please wear your membership badge to classes and functions; as well as helping identify you to your fellow participants, it allows your tutor to confirm your membership status and to register attendance.

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 address shown on the first page.

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 intended 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 2 PROGRAMME

This term's programme has been put together on the understanding that local COVID-19 restrictions will not be more severe by the start of term, and that we will be able to use the Harry Higgs room and other venues - perhaps conditionally - from that date. Currently, the Catholic Church Hall, the Ulladulla Bowling Club, the Anglican Church Hall, the Burrill Lake Community 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 7 new courses this term [including 2 short ones given by Geoff Andrews].

A History of Space Study Geoff Andrews 4454 3580

Throughout human history, famous astronomers have helped people understand what they see in the night sky. These astronomers — many of them great scientists who mastered many fields — explained space phenomena with varying degrees of accuracy. Geoff will examine steps and near-steps forward in this quest to understand

The Boer Wars at the end of the 19th century, and the subsequent formation of the country of South Africa

Geoff will also present this course from, roughly, the middle of the term

Understanding the Periodic Table Chris Graham 4454 3025

The Periodic Table of Elements is the product of more than 2000 years of thought, investigation and discourse. Join Chris and let this DVD course show you how the Table has captured our understanding of exactly what each element is and how it relates to others. You will discover how it helps explain the processes by which elements are distributed throughout the Universe, the abundance and rarity of certain elements on the Earth, and the importance of the place each element occupies in the Table. All this will lead to your understanding why the Periodic Table offers endless insight into all matter - ranging from nature to technology. The course will run into term 3.

Ulladulla's Impressive Geological History Phil Smart, et al 4455 5616

Geoff is returning to our tutoring cadre [ably helped by Ian Lavinger, Julian Sharrad and Mike Jefferis] to present a course on our local geology and the fascinating evidence around us about the nature of our surrounds; it will cover:

- Early geological history of the south coast region
- Sedimentation in the southern Sydney Basin
- Marine fossils from the Permian sea
- More recent events that shaped the region's landforms
- What does the Fossil House Museum have to offer?
- Guided Walks on Ulladulla's rock platforms
- Plus an excursion with stops at:
 - The abandoned Woodstock Road Monzonite quarry;
 - The Ulladulla rock platforms; and
 - Dolphin Point.

This course is more than just fossils!

An introduction to French Impressionism Debra Pearson 0457 230 845

Debra holds a Master of Creative Arts and a BA in Fine Arts, Photography and Art History, and has amassed over 20 years teaching in adult education. Over 4 weeks from 5 May, her course will study - using slides, DVDs and discussion - the work of Manet, Morisot, Degas, Cassatt, Monet, Sisley, Renoir and Pissarro. By the end of the course participants should be able to:

1. Identify Impressionism as a main art movement in Modern Art,
2. Appreciate artists' motivations and what they were representing in an historical and visual context, and
3. Understand the impact of Impressionism on successive artists.

Tai Chi Liz Gray 0427 875845

Liz's interest in Tai Chi is not only for the health benefit derived from its practice, but also the learning experience it provides. During her course she will concentrate purely on the physical movements and exercises associated with the traditional Yang Style 24 Form.

Milton-Ulladulla String Orchestra Libby Reid 0411 030 377

Milton-Ulladulla String Orchestra is a newly formed ensemble under the direction of Fiona Thompson. It is an inclusive group of all ages and abilities. It currently has 18 members and would welcome new violinists, viola players, cellists and double bass players. Fiona has chosen music to accommodate all levels of ability and we are looking forward to playing for fun and improvement every second Sunday afternoon at 2pm in Milton Anglican Hall. The ensemble's members are affiliate members of our U3A.

RETURNING COURSES

Bonsai Russell Baker 4454 1602

Join Russell at his home at 32 Leigh Crescent in Ulladulla on Tuesdays at 10:00 and explore the gentle art of Bonsai. He will run a hands-on workshop where participants will learn how to create a Bonsai, to care and to feed it, and to identify the different styles. During the course they will get practical experience in shaping, wiring, and re-potting techniques, plus pot selection ... but - more importantly - they will see how easy it is to start their own bonsai collection, and to enjoy the benefit of a living hobby. Maximum of 8 people.

German Brigitte Nairn brigitte.nairn@inet.net.au 0413 393 756

Join Brigitte's friendly group to expand your German, increase your vocabulary and gain confidence talking about everyday life, and on the way discover more about the German speaking world. The course has been running for some time now, but Brigitte caters for a wide range of language skills ... there is no need to be proficient.

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.

Cryptic Crosswords: Intermediate 1John Dallimore4454 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.

Line Dancing for BeginnersHelen Reeson0402 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 12:00 to 13:00 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 ClubCarmen Championcarmenchampion18@gmail.com0413 489 537

The book club meets on the third Monday of the month at 12:30 upstairs at the Ulladulla Bowling Club [participants need to be members of the Club]. The book club operates with a maximum of 13, but currently has a few vacancies - contact Carmen [preferably via e-mail] to check if there is room.

Ikebana - Japanese Flower ArrangingAya Shibata0432 742 482

Aya is a Professor of the Ikenobo 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.

Hatha YogaAnnette Craig0448 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 course venue - Milton Anglican Hall - has hard timber flooring.

Film AppreciationTed Gordon4455 2313

This term Ted will be showing, inter alia, 'Green Book', 'How Green was my Valley', 'In the heat of the Night', and 'The Post'.

The Western Philosophical TraditionRoy Liegel0490 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 MosaicsColleen Ringe0416 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 - BeginningNoelene Hunt4455 4465

Noelene's course is ideal if you have ever dallied with the idea of giving the French 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 09:30 to 12:00 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 term'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 club members, and a maximum of 20 is permitted

French - Advanced Pauline McAdam 0428 295 540

Pauline's fortnightly advanced course will delve deeper 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 5 May at her home.

Cryptic Crosswords - Advanced John Dallimore 4454 1453

Cryptic Crosswords can be a source of immense satisfaction when you solve them ... and immense frustration when you can't! This course is for those who are already well into them, but would like pointers on how to tackle them more competently, and collectively enjoy solving the trickier brain teasers.

Music Appreciation Fiona Thompson 0478 676 037

This term, Fiona will continue exploring 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.

Birdwatching Phil Hendry mubirdclub@gmail.com 0448 445 359

Phil launches Birdwatching sorties every fortnight on Friday mornings at 08:00, starting on 22 April. Visit the website [shown above] for details of excursions and protocols [procedures and equipment], plus other activities.

French - Beyond Beginning Pauline McAdam 0428 295 540

Pauline's class accommodates students who have more than scratched the surface of the language and are ready to explore it in greater detail.

Learning Spanish Eva Schonstein 0409 371 057

Let Eva guide you through the highly engaging lessons from this DVD which lead you sequentially through the core building blocks of spoken Spanish. In each lesson, you will learn the key concepts of grammar, culture, and vocabulary that will make acquiring Spanish easier than you ever imagined. You'll also gain a rich working vocabulary that will prepare you for a wide range of everyday situations. The end of each lesson includes audio exercises that will build your pronunciation, comprehension, and conversational skills, as well as a workbook that has plenty of reading and writing exercises to practice and to build upon what you learn.

Cryptic Crosswords: Intermediate 2 John Dallimore 4454 1453

The interest in solving Cryptic crosswords is growing! John has found it necessary to add another session to those already in our curriculum. The Intermediate 2 class is a feeder course from basic ability to the more complex levels associated with the Intermediate 1 and Advanced classes.

Recorder Group

Vern Flay

4454 5860

The Recorder Group is conducted by Vern Flay, who has a wealth of experience coaching musical ensembles. Recorder Choirs have a unique and startlingly sweet sound ... and there is plenty of scope to enjoy the fun of making music with others - even if you have not played the instrument before. If you feel like joining the Group but are a newcomer to the instrument do not despair ... 'phone Vern who will determine the best way for you to get started - including his offering basic tuition before the group assembles for practice.

AFFILIATED COURSE

The following course is self-organising, but runs under the auspices of M-U U3A

Milton and District Concert Band

Vern Flay

4454 5860

The 25-strong Milton and District Concert Band conducted by Vern practices every Thursday evening in the Milton School; it plays regularly in the community. It comprises brass, reed and percussion instruments, and welcomes newcomers to its ranks - particularly flute, clarinet and saxophone players [especially baritone sax]. Beginners can be coached before full band practice starts at 19:00.

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 ...

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? If you feel you could lead a group, Chris Graham (4454 3025; chrisnjoan@hotmail.net.au) would be delighted to hear from you. 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!

TREATS IN STOREUKULELE ENSEMBLE [FROM SCRATCH]

Craig Silver lives locally, and plays and teaches the Ukulele. He has approached U3A asking if any members would be interested in learning the instrument with the aim of forming a U3A Ukulele Ensemble. Naturally, if there are members who already play, they too would be welcome to join. If the idea appeals, could those who would like to take up his offer please 'phone him on 0424 750 045 and let him know so he can gauge interest. The aim is to start lessons in Term 3.

NOTICES OF POTENTIAL INTEREST TO MEMBERS

TEA AND TALK

Enid Everingham co-ordinates the U3A Saturday afternoon Tea and Talk programme. Ideas for presentations are always sought; talk to Enid on 0428 542 430, or e-mail her at enidever@bigpond.com if you have any suggestions ... they will be appreciated.

On Saturday 07 May from 3 to 5pm, in the Dunn-Lewis Centre Auditorium
Brigitte Nairn will present

IN OETZI THE ICEMAN'S FOOTSTEPS - A WALK ACROSS THE ALPS

In 2019 Alister and I joined a group to walk from near Innsbruck in Austria to Meran in Italy. More than 5000 years previously, a man scaled the mountains in the opposite direction, fleeing hostile compatriots and succumbing to injury high up, near a pass.

There he lay until 1991, when walkers strayed off the path and found him preserved in the ice.

In today's talk we journey through time and place.

We will discover how Oetzi lived and died and can compare notes between his and our lifestyles. We can enjoy the beautiful scenery of our trek across the Alps and get a glimpse into the huts and food we enjoyed. On the way, find out how you can be in Bolzano and Bozen at the same time, and touch on contemporary issues that face this alpine wonderland.

Afternoon tea will be served.

A gold coin donation would be gratefully received.

Friends of U3A members are welcome.

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 the first for this year has now been arranged for 5 June.

It features a screening of Charlie Chaplin's 'The Immigrant', a silent classic from the 1920s. Although the films were silent, they were shown in picture palaces where the images sprang to life through the live musical accompaniment. Award winning artists Nick Russoniello and the Golden Age Quartet reimagine the magic of the picture palace by playing as the film rolls, performing on 1920s instruments and performing a series of works by Camille Saint-Saëns, Rudy Wiedoeft and Charlie Chaplin.