

University of the Third Age [U3A]
MILTON-ULLADULLA CAMPUS
Term 4 October 2022
Newsletter Volume 25 Issue 4

TERM DATES

| | | | |
|-------------|-------------------|----|---------------------|
| Term 4 2022 | Monday 10 October | to | Friday 16 December |
| Term 1 2023 | Monday 30 January | to | Thursday 06 April |
| Term 2 2023 | Monday 17 July | to | Friday 22 September |
| Term 4 2023 | Monday 09 October | to | Tuesday 19 December |

M-U U3A CAMPUS COMMITTEE

| | | | |
|----------------------------------|-------------------|-----------|---------------------------|
| President | Alister Nairn | | |
| Vice President | Frank Blanchfield | | |
| Secretary | Frank Winton | | |
| Treasurer | Paul Schuman | | |
| Membership Officer | David Howard | | |
| Property Officer | Bill Lampard | | |
| Webmaster/Social Media | Alister Nairn | | |
| Social Secretary | John Hepburn | | |
| Courses' Co-ordinator/Newsletter | Chris Graham | 4454 3025 | chrisnjoan@hotmail.net.au |

CONTACTS

Mail address Milton-Ulladulla Campus Inc
 PO Box 530
 Ulladulla NSW 2539

E-Mail address u3amiltonulladulla@yahoo.com

Web address www.u3amiltonulladulla.org.au

Committee members are contactable through the campus e-mail address or website ... just send a message to whom you want to talk at either e-address and 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 \$25 owing to the disruption caused by COVID-19 over the previous 2 years. Fees from July 2022 for the remainder of the year will be \$15

There are no course fees



PRESIDENT'S MESSAGE

Time has flown by and we are now ready for the final term of the year. Thanks to all the people that offered help when I asked for volunteers to take on the role of Secretary! Frank Winston is now on the committee as Secretary. It would be nice to get some ladies on the committee next year - it's all men this year so far!

The worst of winter is over and I found it particularly wet and cold! Hope you all got through without too many illnesses. COVID seems to have taken a bit of a back seat - it seems not too many precautions are being taken lately around town. COVID hasn't completely gone yet, so take the precautions you are comfortable with.

Our membership numbers are currently sitting at 320, which is similar to the past 2 years; a good effort.

We have applied for a grant as part of Seniors Festival in early February 2023 and if successful will be running a bus trip to the Bundanon Gallery. Let's hope we get it!

Are there any particular courses you'd like to see run? If there are please drop me a line to the U3A email address u3amiltonulladulla@yahoo.com and the committee will look into it. Once again, we have a good program for term 4 but are always looking for new ideas and courses, so don't be shy if you have been thinking about offering something.

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

I hope you all enjoy an active term 4.

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
- Preferably wear a mask whilst participating in the course
- Observe a safety zone and separation around you
- 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 limit is now 22.

Sanitising products will be available in the Harry Higgs room or supplied to tutors if their courses are 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

Please wear your 2022 membership badge to classes and functions. It signifies you are a current financial member, which requires to be checked by tutors. Also, 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 address 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 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 4 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, we understand the Catholic Church Hall, the Ulladulla Bowling Club, the Anglican Church Hall, the Milton Public School and the Dunn-Lewis Centre can be used as they were last term. If things change, we will let people know.

NEW COURSES

We have no new courses this term.

RETURNING COURSES

We have four returning courses this term.

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 Dunn-Lewis Centre, so get along and get started with basic steps and easy dances

Ikebana - Japanese Flower Arranging Aya Shibata 0432 742 482

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

Ulladulla's Impressive Geological History Phil Smart 4455 5616

Geoff is once more offering a course about 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 Ulladulla 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.

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. Starts 28 October

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. Starts 07 November

French - Intermediate Roger Parris 0413 884 745

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

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

M-U U3A Book Club Carmen Champion 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

Sci Phi: Science Fiction as Philosophy Enid Everingham 0428 542 430

This DVD course will examine the philosophic questions that Sci-Fi raises, how its creators answer some of these questions, and evaluate them with the help of history's most important philosophic thinkers. Participants may watch a Sci-Fi film at home, eg Inception, followed by a discussion of the movie as a work of art and an attempt to interpret the philosophy behind the work.

Cryptic Crosswords - Beginning Margo Lester 4455 1760

Margo's cryptic crossword beginners' class complements 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 at 199 Green St Ulladulla, so there is a maximum of 6 participants

The Evidence for Modern Physics - how we know what we know Chris Graham 4454 3025

If you have ever wondered about the complex and amazing manifestations of modern physics, this is the course for you. Whilst we accept that the matter around us consists of atoms comprising protons, neutrons and electrons, delve deeper and we discover that this is an illusion. The course will introduce you to sub-atomic particles, and explain how their properties can be determined in spite of their being unimaginably miniscule and transient. Quantum mechanics and its unworldly concepts will be explained. Leap from the incredibly small to the incredibly large; how do we know so much about the universe in which we live with its unlimited galaxies and stars - and now even the planets which orbit them? And more on the grand scale: be introduced to the dark matter and dark energy which make up 95% of the universe, and ultimately control its fate. This fascinating Great Course DVD is not to be missed

Film Appreciation Ted Gordon 4455 2313

This term Ted will be showing, inter alia, Separate Tables, 13 Days, 84 Charing Cross Road, and The Book Thief

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

Mozaic 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 - Continuing Beginning Noelene Hunt 4455 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

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

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 session this term is on 13 October 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 more tricky brain teasers

German Brigitte Nairn brigitte.nairn@iinet.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 ability ... there is no need to be proficient

Birdwatching Phil Hendry mubirdclub@gmail.com 0448 445 359

Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800, starting on 07 October. 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

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. The Course is held in the Burrill Lake Community Hall

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. The course is held upstairs in the Ulladulla Bowling Club, and participants need to be members

AFFILIATED COURSES

The following courses are self-organising, but run 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 out 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 1900

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 26 members and would welcome new violinists, viola players, cellists and double bass players. Fiona has chosen music to accommodate all levels of ability and the group looks forward to playing for fun and improvement every second Sunday afternoon at 2pm in the Milton Anglican Church Hall - starts 16 October

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.

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 changing as the dynamic of the COVID-19 pandemic alters. This is good. However, it would be nice to be able to offer fresh subjects as we emerge into near-normality.

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 Eucre 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 STORE - TERM 1 AND/OR BEYOND

UKULELE ENSEMBLE [LEARN 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. Would those who would like to take up his offer please 'phone him on 0424 750 045.

... AND POTENTIAL RETURNING COURSES

| | | |
|---|----------------|--------------|
| Mah-Jong for Newcomers | Bill Lampard | 0413 583 689 |
| An Introduction to French Impressionism | Debra Pearson | 0457 230 845 |
| Music Appreciation | Fiona Thompson | 0478 676 037 |
| Bonsai | Russell Baker | 4454 1602 |

NOTICES OF POTENTIAL INTEREST TO MEMBERS

TEA AND TALK

Enid Everingham co-ordinates the U3A 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.

On Saturday 29 October from 3 to 5pm, in the Dunn-Lewis Centre,

Helen Moody will speak about The Islands of the NSW South Coast

Helen and Mike Jefferies are writing a book about the islands of the NSW south coast. There are 63 (named) islands off the NSW south coast or in the river estuaries from the Shoalhaven River to the Victorian border. The authors have been leading walks to and paddling around these islands for the past two and a half years for the National Parks Association Milton Branch, and have researched information on each island to produce a handout to participants. They are now expanding that information to write a book on the islands. Most people, whether locals and visitors, are barely aware of the existence of these islands, and wouldn't be able to name more than a handful. There is very little documentation on many of them; certainly nothing gathered in one place. Each section will have a different emphasis depending on the salient features of the island or group of islands, whether that is their Aboriginal connections, their historical link to early settlers, their bird life, vegetation, geology, conservation values, lighthouses, shipwrecks and more. There will be a guide to and a map of how to get there for each section. These are often wild and beautiful places with strong environmental values.

All profit from book sales will go to local environmental projects. They are hoping this will be a very community based book. About 200 people have joined them on their walks and paddles. Members of several camera clubs and other community organisations are providing photos for the book. Several local history societies will assist with information gathering. The community will be involved in selecting the environmental projects supported by book sales. They are hoping the book will have appeal for both locals and visitors to the region.

Afternoon Tea will be served

A **gold coin donation** would be gratefully received.

Friends and relatives of U3A members are cordially 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 on Sundays from 2pm in St Martin's Church Hall, Green Street, followed by afternoon tea. The cost of the concerts is \$30, and tickets are available at the door.

The final concert for 2022 will be given by the Plektra Mandolin Ensemble on 6 November. Plektra performs an evocative fusion of contemporary Australian-inspired art music and "world music" originating in countries and regions of Eastern Europe. The ensemble also presents works from the classical canon.

After a recent tour of the USA the group received the following review in the journal of the Classical Mandolin Society of America: "Led by internationally renowned mandolin soloist Dr Stephen Lalor, who also arranges and writes most of the music, Plektra features mandolins, mandola, classical guitar and classical bass guitar. Of the various mandolin cultures in the world, Australia's is arguably closest to that in the United States. Plektra, a seven-member ensemble from Sydney, is the brainchild of Dr. Lalor, one of the leading lights of the mandolin scene down under and CMSA members who attended the recent convention in Minneapolis no doubt have fond memories of Plektra's outstanding performances there. The playing is highly polished with very tight ensemble and beautiful sound throughout."

All instrumentalists are Conservatorium and University trained who currently perform in ensembles ranging from the Sydney Symphony Orchestra, Opera Australia Orchestra, and jazz and traditional music ensembles.