

University of the Third Age [U3A]
MILTON-ULLADULLA CAMPUS
Term 1 January 2023
Newsletter Volume 26 Issue 1

TERM DATES 2023

Term 1	Monday 30 January	to	Thursday 06 April
Term 2	Monday 24 April	to	Friday 30 June
Term 3	Monday 17 July	to	Friday 22 September
Term 4	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 \$30 per year, payable in January; subscriptions from July for the remainder of the year are \$15

There are no course fees



PRESIDENT'S MESSAGE

Hello Everyone,

I hope you all had a good Christmas and New Year and are ready for another year. It was nice to have some decent weather over Christmas and enjoy some beach time.

Congratulations to Elizabeth and Geoffrey Andrews who were presented with Certificates of Appreciation for their outstanding contribution to U3A as long serving tutors. We are now looking for someone that would be prepared to take on the leadership of the singing group. If you are interested, please contact Chris Graham.

Our program for term one is included in this Newsletter, and just a reminder that you need to renew your subscriptions before attending classes. An email was sent out with details on 30 December 2022.

If you may be able to offer a course sometime this year, now is the time to start giving it some serious thought. Teaching is the best way of learning!

Thanks for our continuing tutors that make our courses possible, and welcome to our new and returning tutors

Finally, we will be having our AGM in April this year and are looking for some new faces to join the committee. Please give it some consideration and have a chat to a committee member if you think you could contribute, or want to know more about what's involved.

I hope you all enjoy an active term 1.

Best regards
Alister Nairn

COVID-19 SAFETY PLAN

Members 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 recent contact with someone with the virus
- 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 can accommodate 18 observing a comfortable safety zone.

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 2023 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 necessary; 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 2023 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 the start of term, and that we will be able to use the Harry Higgs room and other venues - perhaps conditionally - from that date. If things change, we will let people know.

COURSE LOST

After 18 years we say goodbye to Elisabeth Andrews leading the Singing for Pleasure Choral Group. Thank you Elisabeth for all the enjoyment you have given to your choristers and our campus and community.

Do we have someone who is willing to take up the baton for this popular course in our syllabus?

NEW COURSES

We have 8 new courses this term.

The Peopling of Britain Geoff Andrews 4454 3580

The earliest trace of humans in Britain dates back over 800,000 years. Since then fluctuations in sea levels and the increased mobility of peoples from Europe/Asia/Africa resulted in a series of invasions to the most western part of Europe, each leaving their own mark. The last invasion was by the Viking, William of Normandy. Our story will end then.

French 1 - Beginning Mirella McGrechan 0408 497 021

Mirella is a native French speaker, and has kindly stepped forward to tutor the very essential beginners' course. If you have been considering learning the language, now is the time to enrol since our campus is ideally placed for further learning with its progressive levels of tutoring up to advanced ability

Chemistry and our Universe Peter Fagan 0432 678 587

Chemistry is the study of matter and energy at the scale of atoms and molecules. Our world is ruled by chemistry ... everything around you is its product. Unfortunately, chemistry has an undeserved reputation for difficulty and abstraction. The beauty of delving into its study is the discovery of how organized, logical, consistent, and powerfully predictive it becomes. This DVD course is ideal for anyone curious about the underlying unity of the material world or interested in such subjects as cooking, painting, metalworking, pottery, auto mechanics, gardening, energy production - these are a few of the countless everyday uses of chemistry. The ideas to which you are exposed in these lectures - and through which you will be guided by Peter, who is a chemist by profession - truly have universal applications. Don't miss them

Ukulele - Further Strumming Craig Silver 0424 750 045

This session is intended for participants in Craig's beginners' class started last term, but if you feel your ability will enable you to join the group then you are welcome to contact him

M-U U3A Book Club 2 Faye Gibbons fayelene40@aol.com 0417 461 954

Do you love reading and talking about books? Bookclub2 will meet upstairs at the Ulladulla Bowling Club [participants need to be members] on the third Wednesday of the month to talk about a book that has been selected by members of the group. Max 10. For more details preferably contact Faye at her e-mail address

Language: A to Z/The Secret Life of Words Enid Everingham 0428 542 430

Each letter of the alphabet is an opportunity to explore one aspect of language around the world; the concepts are general, eg - vocabulary, tones, double negatives, etc. This DVD course will enlarge upon this approach in a series of 15 minute lectures over 6 weeks, given by an engaging presenter. Following that, attenders can revisit [requested by previous participants] a popular former DVD course - The Secret Life of Words - in which our use of language in everyday life is explained and illuminated. This latter course will continue into term 2.

A Deep Dive into the News Carmen Champion carmenchampion18@gmail.com 0413 489 537

Tired of lazy/misleading/biased/facile journalism? Come along to discuss what thorough research has revealed the facts to be, coupled with any informed opposing views. Carmen will pick 2 or 3 current news items each week and investigate them for group discussion. For more information and to join, contact her - preferably via e-mail

French 6 - Advanced Kim Vanden Hengel 0429 126 500

Kim is a native French speaker who is offering a course essentially for near-fluent speakers and readers who seek to improve further their language ability

RETURNING COURSES

We have 5 returning courses this term.

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 because of its gentle form, 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

Bonsai Russell Baker 4454 1602

Join Russell at his home at 32 Leigh Crescent in Ulladulla on Tuesdays at 1000 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

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. After 8 years, this is the final time Judy will present this course

Music Appreciation Fiona Thompson 0478 676 037

Over her six-week course, Fiona will concentrate on a particular theme within the classical tradition. As is her practice, 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's course is held at her home in Kings Point, attendance numbers are limited - so check with her to establish if there is room

The Blues Stephen Prothero protheros@me.com 0488 240 103

Stephen's sessions offer a relaxed time to explore the lives and connections of the key Blues' players. He has set up a website identifying artists with links to their music; visit it at <https://www.wholeaustralia.com/blog-2>; password is Blues2023. Stephen would prefer e-mail contact from those who are interested in joining his class which is being held in the Ulladulla Bowlo [participants need to be members of the Club]

CONTINUING COURSES

Ukulele from first strum Craig Silver 0424 750 045

Craig is continuing his beginners' class in Ukulele practices and techniques started last term. For those who were with him then, he has added a 'further strumming' class on Wednesday morning. However, he is conscious that others now wish to start to learn the instrument, and so has continued with this session as a 'beginners/just started' class; enrol now!

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

- Line Dancing 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. Getting started is simple. 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 going with basic steps and easy dances
- M-U U3A Book Club 1 Carmen Champion carmenchampion18@gmail.com 0413 489 537
Bookclub1 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, and currently has a few vacancies - contact Carmen [preferably via e-mail] to check if there is room
- 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. Note this course is now twice monthly
- Film Appreciation Ted Gordon 4455 2313
This term Ted will be showing, inter alia, The Man who would be King, Paint your Wagon, Shane, and The Bedford Incident
- French 3 - Intermediate Roger Parris 0413 884 745
Roger's class has graduated to the intermediate level. Join him to continue your journey into the language
- 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 2 - Beyond Beginning Noelene Hunt 4455 4465
Noelene's course is ideal for those who have recently started or have a smattering of the language at their disposal; here is the opportunity to continue - bearing in mind we have opportunities within our campus to continue improving your ability
- Dutch - Social 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 5 - Topical 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 2 February
- 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 Pauline McAdam 0428 295 540

Pauline has kindly offered to take Brigitte's class which aims to expand your German, to increase your vocabulary and to instil confidence talking about everyday life, and on the way to discover more about the German speaking world. The course has been running for some time now, but it caters for a wide range of language ability ... there is no need to be proficient. The course is now fortnightly, starting on 9 February.

Birdwatching Phil Hendry mubirdclub@gmail.com 0448 445 359

Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800, starting on 03 February. Visit the website [shown above] for details of excursions and protocols [procedures and equipment], plus other activities

French 4 - Beyond Intermediate 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

Learning Spanish Eva Schonstein 0409 371 057

Let Eva guide you through the highly engaging lessons from this DVD which take 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. The course is held upstairs in the Milton-Ulladulla Bowling Club, and participants need to be Club members

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 increasing 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 2 & BEYOND

An Introduction to French Impressionism	Debra Pearson	0457 230 845
Mah Jong [Term 4]	Bill Lampard	4455 7740
German [Term 4]	Brigitte Nairn	0413 293 756

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 25 March from 3 to 5pm, in the Dunn-Lewis Centre, Alley Gallery

Catherine Stewart
Local Historian

will present

Wason vs Wason
The family feud that shaped our two towns.

Catherine Stewart has had an interest in local and family history for many years. She has delved into the pits and furrows of apparently straightforward local stories to find hidden histories, embarrassing incidents and local feuds.

Wason vs Wason is one of these true tales.

Don't miss this event.

Afternoon Tea will be served.

A gold coin donation would be appreciated.

Bring your friends to this interesting presentation.

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 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. Members will be informed of the next concert's details when they are finalized.

THE MILTON ULLADULLA STRING ORCHESTRA

The MUSO, under the baton of Fiona Thompson, has been established now for a year, and has played two concerts during that time to popular acclaim. It is an inclusive group of players of all ages and proficiencies. Fiona has chosen music to accommodate all levels of ability and the group looks forward to practicing for fun and improvement every second Sunday afternoon at 2pm in the Milton Anglican Church Hall. If members feel they can contribute to the ensemble or want further information, contact Libby Reid on 0411 030 377.

THE MILTON DISTRICT BAND

The 150-year old, 25-strong Milton District Concert Band, conducted by Vern Flay, 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. Contact Vern on 4454 5860.