

University of the Third Age [U3A]
MILTON-ULLADULLA CAMPUS
Term 3 July 2023
Newsletter Volume 26 Issue 3

TERM DATES 2023

Term 3	Monday 17 July	to	Friday 22 September
Term 4	Monday 09 October	to	Tuesday 19 December

M-U U3A CAMPUS COMMITTEE

Acting President/Vice President	Frank Blanchfield		
Secretary	Frank Winston		
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 the e-mail or web 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

ACTING PRESIDENT'S MESSAGE



Hello Everyone,

I am currently the secretary of the Milton-Ulladulla U3A, and temporarily acting president.

Thank you to all those who attended the Annual General Meeting in April. At it, most of the committee members were re-elected unopposed to their positions. The exception was Alister Nairn, who did not nominate for president as he expected to be busy or away for much of the year. Another nominee did not emerge for this position which is why I have temporarily agreed with the committee to act in this role and others will take over one term at a time until a new president can be elected. Welcome to Sue Hancock, who was elected to the committee from the floor at the meeting.

Our branch of the U3A owns many DVD courses from a company called "Great Courses". I would like to encourage members to consider these as a very easy option for running a course next year. All you would need to do is play an episode of the DVD, and follow this with some prepared questions and discussion topics. This is an easy and exciting way to get into teaching which is great way to keep the brain active. Perhaps you know someone who you feel would make a great teacher. A list of the titles available can be found on our website. Contact our course coordinator Chris Graham if you would consider doing this in Term 4.

I hope you are all able to stay warm in this exceptionally cold weather we have been having. Like me, I am sure you are all looking forward to the warmer months ahead.

Best Regards
Frank Winston

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, 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 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

The HH room is equipped with a TV [with computer inputs], 2 DVD players, and computer projection facilities and a screen

We all like to enter the 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 positioned outside the room.

MILTON-ULLADULLA BOWLING CLUB

The Milton-Ulladulla Bowling Club very kindly allows us to use, for no U3A payment, its facilities to conduct a number of our courses there. The Club requires that people using its facilities are members. Hence, to maintain legitimacy, U3A Members who attend courses held there are respectfully asked to join the Club and to sign-in when on-site.

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 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 committee 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 3 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.

NEW COURSES

We have 3 new courses this term ...

European Explorers and Cartographers in Australia Geoffery Andrews 4454 3580

This term Geoff will talk about European explorers and cartographers within Australia, with special reference to those less known or recognised. He will pay particular attention to the characters of these people and the recognition of the part played by settlers

Electrical Engineering for Everyone Chris Graham 04 0003 2882

Thanks to electrical energy, humanity has everything from reliable hot water to life-saving medical equipment; electricity is everywhere in our world. The development of Electrical Engineering has experienced four distinct revolutions, each of which increased our knowledge of the world around us and led to further discovery. The first brought transmission of electrical energy by wire; the second brought transmission without - starting with radio and leading to television and other forms of wireless communications. The third occurred with the control of electrons with transistors, which led to electronics and photonics and the digital transformation. The fourth has produced computers and communication systems opening the way to brain-controlled prosthetics, self-driving cars, and advanced robotics. Learning about electrons, batteries, circuits, and sensors makes a lot more sense when you can see it all in action—and that's exactly what this course provides. With dozens of live demonstrations, along with explanatory graphics and videos, these DVDs take you on the amazing journey of electrical engineering—the discipline that has taken us from electric lightbulbs to interstellar space to artificial intelligence in less than 150 years. Join Chris and enjoy this fascinating maths-free journey into today's world

Monet, Renoir, and Sisley Debra Pearson debrapearson13@gmail.com

Debra will examine these 3 late 19th century French landscape Impressionists, using slides and DVDs, over 6 weeks starting 17 August and finishing 21 September. Her class is limited to 8 members to allow for discussion; no prior knowledge is required to attend her course. Please contact her by e-mail to register. Debra has over 20 years' experience teaching in Adult Education, as well as working as a community arts photographer and visual arts curator

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

CONTINUING COURSES

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 Milton-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

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

Film Appreciation Ted Gordon 4455 2313

This term Ted will be showing, inter alia, 12 Angry Men, On the Beach, Roman Holiday, and Strictly Ballroom

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

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

Do you love reading and talking about books? Bookclub2 meets upstairs at the Milton-Ulladulla Bowling Club [participants need to be members of the Club] on the third Wednesday of the month to talk about a book that has been selected by members of the group. A maximum of 10 members applies, but currently there is room for more. For more details preferably contact Faye at her e-mail address

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 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

French 5 - 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

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 Margie Nyholm 0458 610 882

Margie 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 Milton-Ulladulla Bowling Club [attendees need to be club members]

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

German

Pauline McAdam

0428 295 540

Whilst Brigitte Nairn is away, Pauline has kindly offered to take her 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

Birdwatching

Phil Hendry

mubirdclub@gmail.com

0448 445 359

Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800, starting on 14 July. Use the e-mail [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/Shibashi

Liz Gray

0427 875845

Liz's interest in Tai Chi/Shibashi is not only for the health benefit derived from its practice, but also the learning experience it provides. She leads its 18 set exercises to music and commentary from Chinese masters. Shibashi exercises promote balance, strength and concentration; they are easy to do and leave you feeling relaxed and energised. 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 Milton-Ulladulla Bowling Club, where 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 returning to pre-COVID-19 pandemic levels. 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.com) 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 Choral group? There are eager participants waiting in the wings for someone to resurrect our popular Singing for Pleasure 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 4 & BEYOND

Mah-jong	with	Bill Lampard	4455 7740
Music Appreciation	with	Fiona Thompson	0478 676 037
Bonsai	with	Russell Baker	4454 1602
Ikebana	with	Aya Shibata	0432 742 482
Ukulele	with	Craig Silver	0424 750 045
Spanish [term 1]	with	Eva Schonstein	0409 371 057
The Blues [term 1]	with	Stephen Prothero	0488 240 103

TEA AND TALK

U3A's Tea and Talk sessions are held on a Saturday from 3 to 5pm, in the Dunn-Lewis Centre, Alley Gallery

Be ready to annotate a date in August on your calendar to hear about

BEE KEEPING

Given by Louie Kelbert

Louie is an Apiarist who has been caring for bees for over 30 years. In support of his talk, he brings live bees in an observation hive so you can see them working; he will also display examples of wonderful honey bee products

Afternoon Tea will be served

A gold coin donation would be appreciated

Bring your friends to this interesting presentation

*Ideas for Tea and Talk presentations are always sought
Contact Enid Everingham on 0428 542 430, or e-mail her at enidever@bigpond.com if you have any suggestions.*

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 1:30pm [note new time] in St Martin's Church Hall, Green Street Ulladulla. The cost of the concerts is \$30, and tickets are available at the door [school children are free when accompanied by a paying adult].

The next concert is on 10 September, and will be given by virtuoso Violinist Rohn Alone.

THE MILTON-ULLADULLA STRING ORCHESTRA

The MUSO, under the baton of Fiona Thompson, has been established now for a year, and has played 3 concerts during that time to popular acclaim. It is an inclusive group of players of all ages and proficiencies. Fiona chooses 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 [especially baritone] players. Beginners/newcomers can be coached before full band practice starts at 7pm. Contact Vern on 4454 5860.