

University of the Third Age [U3A]
MILTON-ULLADULLA CAMPUS

Term 4 October 2023
Newsletter Volume 26 Issue 4

TERM DATES 2023/4

Term 4	Monday 09 October	to	Tuesday 19 December
Term 1	Monday 28 January	to	Friday 12 April
Term 2	Monday 29 April	to	Friday 05 July
Term 3	Monday 22 July	to	Friday 27 September
Term 4	Monday 14 October	to	Friday 20 December

M-U U3A CAMPUS COMMITTEE

Acting President	David Howard		
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. M-U U3A BSB is 062 646 0090 1085.

There are no course fees

ACTING PRESIDENT'S MESSAGE

Dear Member

Our membership for 2023 at time of writing is 313, a little below that for the whole of 2022 but we still have a few months left, and new members so far this year are 68, which is more than last year's. So, it's gratifying to see that although we lost quite a few members this year due to our affiliated member groups splitting off to form their own associations we are on track and still growing after the disastrous years of the pandemic.

Our committee is working well and always on the lookout for extra classes or activities for members. The bus trip to the Bundanon art gallery and gardens proved to be well received and we had applications for tickets that coincidentally matched the number of bus seats available - a very satisfying result.

This year, keeping fit and active seems to be the trend among many members and it is pleasing to see that we have had excellent attendances for Line Dancing and Tai-Chi that have struck a chord with quite a few.

If you are 60 years or older there is a free online healthy lifestyle program that you may care to enroll in, you will need a computer or a tablet with internet access, space to exercise safely in your home and for those that are a little frail a medical clearance may be required. See www.activeandhealthy.nsw.gov.au I recommend having a look to see what is on offer.

Please note that it is a requirement that you must always wear your current membership badge when attending any courses or classes. Tutors and Course Leaders need to check that all those attending are members in order to comply with our insurance requirements.

If any member would like to tutor or run a course, please contact our course coordinator; he will be very pleased to hear from you.

Finally, it looks like this summer is going to be very hot and dry, so please make sure to cover up and stay hydrated. Be on the lookout for any suspicious skin problems and see your doctor as soon as possible if you notice any; quick attention to skin problems may prevent possible surgery later.

Best Regards,
David Howard.

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 22 observing a comfortable separation 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 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 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 from that date

NEW COURSES

We have 6 new courses this term ...

Dutch Frank Winston 0421 255 392

Frank is offering a course for those interested in learning a new language. It will be uncomplicated Dutch for beginners; get in on the ground floor to learn the language, and about Dutch history, heritage and customs

Major Transitions in Evolution Chris Graham 04 0003 2882

This DVD course is a detailed overview of the evolutionary transitions - the emergences and the extinctions - over the 4-billion year history of life as we know it. Participants will be introduced to the basic concepts of evolution and the factors responsible for the significant changes that have occurred over the course of geologic time: geographic isolation, genetic drift, environmental change and natural selection. Paleontology - the study of ancient life and fossils - plays an important role in the study of evolution, and will be extensively referenced during the course. Whilst animal life dominates the material, time will also be spent looking at seeds, plants, flowers and forests. Join Chris on this course, which will run over 2 terms, to experience and to appreciate the marvel of the development of life on this planet.

Vermeer and Photography History Debra Pearson debrapearson13@gmail.com

Debra, through the media of slides, DVDs and discussion, will examine the history of photography and its influence on Vermeer [with the camera obscura], as well as its impact on modern art history and its acceptance as an art form. No prior knowledge is required, but the course number is limited to 8.

Canasta/Samba Bill Lampard 4455 7740

Bill is offering to teach Canasta and Samba at Mollymook Golf Club [participants need to be members of the Club] on Fridays between 2 and 5pm. Please contact him to register on his direct line shown, or mobile - 0413 583 689.

Helen Reeson and Liz Gray are both running second sessions of their Line Dancing and Tai Chi courses

RETURNING COURSES

We are welcoming back a number of courses: Ikebana, Bonsai, Ukulele [twice], Music Appreciation and German are all returning to our programme this term

Ikebana - Japanese Flower Arranging Aya Shibata 0432 742 482

Aya is a Professor of the Ikenbono School. Her hands-on course is for beginners 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 twice monthly on the first and third Mondays

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

Ukulele from first Strum [and later] Craig Silver 0424 750 045

Craig is continuing his beginners' class in Ukulele practices and techniques held on Wednesday afternoons. For those who have progressed with him from then, he is continuing his 'further strumming' class on Wednesday mornings

Music Appreciation Fiona Thompson 0478 676 037

Over her six-week course, Fiona will concentrate on a particular theme within the classical tradition; this term it is the Scandinavian composers. 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

German Brigitte Nairn 0413 393 756

Brigitte has returned to re-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

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 and on Thursdays from 1000 to 1100 at St Martin's Church, 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

Film Appreciation Ted Gordon 4455 2313

This term Ted will be showing, inter alia, Room with a View, Showboat, and High Noon

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 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 twice a week, once each in the Burrill Lake and the Lake Conjola Community Halls

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 ...

<u>French 1 - Basics</u>	<u>Noelene Hunt</u>	<u>4455 4465</u>
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		
<u>Dutch - Social Conversation</u>	<u>Emile Jansen</u>	<u>0415 405 107</u>
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		
<u>Current Affairs - Discussion</u>	<u>Margie Nyholm</u>	<u>nyholm margaret@gmail.com</u>
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 at the Milton-Ulladulla Bowling Club [attendees need to be club members]		
<u>Cryptic Crosswords - Advanced</u>	<u>John Dallimore</u>	<u>4454 1453</u>
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		
<u>Birdwatching</u>	<u>Phil Hendry</u>	<u>mubirdclub@gmail.com</u>
Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800, starting on 13 October. Use the e-mail [shown above] for details of excursions and protocols [procedures and equipment], plus other activities		
<u>French 2 - Intermediate</u>	<u>Pauline McAdam</u>	<u>0428 295 540</u>
Pauline's class accommodates students who have more than scratched the surface of the language and are ready to explore it in greater detail		
<u>Cryptic Crosswords: Intermediate 2</u>	<u>John Dallimore</u>	<u>4454 1453</u>
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		
<u>Recorder Group</u>	<u>Vern Flay</u>	<u>4454 5860</u>
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.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 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 1 & BEYOND

Yoga	with	Annette Craig	0448 900 086
Mah Jong	with	Bill Lampard	4455 7740
French 3 - Advanced	with	Kim Vanden Hengel	0429 126 500
Spanish	with	Eva Schonstein	0409 371 057
The Blues	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

Annotate 14 October on your calendar to hear about

Satire and Political and Social Commentary in Nursery Rhymes

Given by Susan Ackroyd

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 01 October, and will be a programme of Operatic Favourites given by Bronwyn Douglas and Friends.

THE MILTON-ULLADULLA STRING ORCHESTRA

The MUSO, under the baton of Fiona Thompson, has been established now for a year, and has played 4 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 next MUSO concert will be held on Sunday 26 November from 2 to 4pm at St Mary's Church Cork St Milton

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.

The Band is hoping to be able to play a concert with the Wollongong Concert Band at the Milton Public School on the afternoon of Saturday 21 October

CHRONIC PAIN MANAGEMENT

During the recent local successful Pain Management presentation, participants showed enthusiasm for holding the free Brief Pain Management Programme which is established in Bateman's Bay here in the Milton-Ulladulla district. If you are interested in supporting or attending this initiative, please contact

Ms Annette Anido
Chronic Pain Co-ordinator
Grand Pacific Health

Phone 02 4474 9901
Mobile 0472 602 505
e-mail aanido@gph.org.au