

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

Term 1 January 2024
Newsletter Volume 27 Issue 1

TERM DATES 2024

Term 1	Monday 29 January	to	Friday 12 April [11 weeks]
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	Frank Blanchfield		
Vice President	vacant		
Secretary	Stephen Prothero		
Treasurer	Paul Schuman		
Membership Officer	David Howard		
Backup Membership Officer	Suzanne Hancock		
Property Officer	Bill Lampard		
Webmaster/Social Media	Alister Nairn		
Social Secretary	John Hepburn		
Courses' Co-ordinator/Newsletter	Chris Graham	4454 3025	chrisjoan@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 in 2023 continued to grow steadily and we look forward to strong membership numbers in 2024. To this end myself and Chris Graham represented U3A at the Community Connect Southern Shoalhaven Expo. The timing of the Expo was not good for us, as fourth term had already started, but the event was very well organised and should, in future years, be a good way to promote U3A to new and returning members.

The bus trip to the Bundanon art gallery and gardens was a great success. Thanks to John Hepburn and Frank Winston for organising this event and seeing it to fruition despite various complications along the way. Feedback from the 38 attendees has been very positive. As a result, your committee will be looking for ideas for future educational/cultural excursions.

On Sunday 10 December, tutors and Committee members got together at the Ulladulla Bowling Club for the annual pre-Christmas thankyou to our tutors. Without our tutors, U3A would simply not function so it is great to give them, and the Committee, a small thank you. Highlight of this year's function was the presentation to Ted Gordon of a Certificate of Appreciation for his 26 years, and one term, of Movie Appreciation. But it didn't stop there, Fran Hepburn on behalf of the regular attendees at Movie Appreciation, presented Ted with a "gold medal". A very fitting tribute for the pleasure and knowledge which Ted has imparted through movies and the many other courses he has led in his 37 years with U3A.

If any member would like to tutor or run a course in 2024, please contact our course coordinator, Chris Graham 0400 032 882. He will be very pleased to hear from you.

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.

There are currently no active Public Health Orders in NSW regarding COVID 19, but members should still remain aware of the dangers posed by the virus. It is vital that you do not attend a course if you are feeling unwell or have had recent contact with someone with the virus.

In 2023 we were very fortunate to have nine members on the Committee, two more than our constitution requires. But, unfortunately, none of the current members were in a position to take on the role of President. We got round this by rotating the Presidency on a term-by-term basis. This has worked reasonably well but obviously it would be better to have a permanent President. Unfortunately, early in the new year Frank Winston resigned from his role as Secretary. Frank has been an excellent Secretary and a stalwart of U3A activities. He will be greatly missed by the remaining Committee. Also, at the Committee meeting on 17 January, David Howard, our very efficient and dedicated Membership Officer gave advanced notice of his resignation as of 3 April 2024. David has played a key role in administering the Membership Register which we rely on for many of the Committee's roles. We wish David well and hope to see him in some future role with U3A.

From now through to the Annual General Meeting (AGM), planned for 24 April, Steve Prothero will be our Secretary, Sue Hancock will fill the role of Membership Officer on David's departure and I will continue to act as President.

The AGM in April will be a very important meeting. I foresee considerable change for U3A Milton Ulladulla going forward from the AGM and it is important that we have as many members as possible at that meeting. I hope to see you then.

Regards
Frank Blanchfield

COVID-19 SAFETY PLAN

Members should remain aware of the dangers posed by COVID-19, and are asked to adhere to relevant NSW Health Regulations concerning the virus. This may require us to observe protocols when attending M-U U3A courses, in particular:

- Do not attend a course if you are feeling unwell or have had recent contact with someone with the virus
- Ensure your tutor has recorded your presence
- Preferably, retain air circulation in the classroom whilst attending a course

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 2024 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 IN OUR LIBRARY

This is a polite reminder to please return all borrowed DVDs from the U3A Film Library as soon as possible. Currently, there are at least 46 films missing from the shelves, a number which represents a considerable percentage of our total. Your consideration for viewing by other members is greatly appreciated!

There is now a Borrower's exercise book & pen (placed next to the white A4 DVD Catalogue Folder); a 2-week loan period seems reasonable. When you borrow, please fill out the date of loan, your name and the DVD title, and on its return annotate the book accordingly.

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 2024 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 from that date

NEW COURSES

We have [three] new courses and one one-off presentation this term ...

The Levant Geoff Andrews 0407 325 501

This term Geoff, by request, will deliver a course on the Levant. It will not look at the modern history since the Balfour agreement of 1917, but will concentrate on the evolution of events from the very beginning of settlement in the area and examine the claims of those who have lived and now live there.

The Stoic Philosophy Steve Prothero 0488 240 103

Are you seeking inner strength and tranquillity in the face of life's challenges? Join Steve as he unveils the secrets of Stoicism, a philosophy that has guided great minds throughout history. Tapping into seasoned Stoic practitioners, Steve's course offers a comprehensive exploration of Stoic principles, which embrace ancient wisdom for modern life, practical tools for daily living, cultivation of inner strength, serenity amidst turbulence, and achieving life's purpose. Steve will encourage thought-provoking discussion, and offer practical exercises and real-life examples to deepen your understanding and application of Stoic principles. The course will be held over terms 1 and 2 at Ulladulla Bowling Club; there is a maximum of 14 participants, who need to be members of the Club.

The Origin and Evolution of the Earth Chris Graham 04 0003 2882

The epic story of our astonishing planet started almost 14 billion years ago with an unimaginable creation event that formed atoms and molecules - the minute particles which became the building blocks of stars. This course follows the origin and development of our solar system some 4.567 billion years ago out of the swirling morass that then was our universe. In the process, the Earth has morphed from a blackened basalt sphere laced with orange streaks of lava to a jewel of the cosmos radiating shades of blue, grey, red, white, and green. And, in the most profound implication of all, supported the emergence and explosion of life. This DVD course tours the intertwined sweep of the living and non-living, with such dramatic aspects as the rise of the oxygen-producing algae, the evolution of complex multi-celled organisms, the near-extinction of life during episodes of extreme cold and heat, and throughout all this - the gradual transformation of the land into an emerald planet and the modern world which is now being part-shaped by human activity. The course will last 2 terms.

Presentation by the Seniors' Rights' Service contact Chris Graham, as above

The Seniors' Rights' Service provides free, independent and confidential advocacy and legal services to older people. It has offered to give a presentation to members in the Harry Higgs room on 04 March at 14:30 on how to access Commonwealth funded aged care services. For more information, see the notice at the end of this Newsletter.

RETURNING COURSES

We are welcoming back three courses to our programme 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. The course will run for 8 weeks from 6 Feb to 26 Mar

Music Appreciation Fiona Thompson 0478 676 037

Over her six-week course starting on 8 February from 1pm, Fiona will concentrate on a particular theme within the classical tradition; this term it is the Scandinavian composers, such as Grieg and Sibelius. Fiona welcomes opinions and input from the assembled listeners. In order to listen to the music on a high-quality sound system, her course is held at her home at 21 George Avenue, Kings Point where attendance numbers are limited - so check with her to establish if there is room

French - Advanced Kim Vanden Hengel 0429 126 500

Kim is a native French speaker who is offering a course for near-fluent speakers and readers who seek to improve further their spoken and written French, and understanding of French history and culture, and to complete weekly homework!

CONTINUING COURSES

Dutch Frank Winston 0421 255 392

Frank's course is uncomplicated Dutch for beginners; get in on the ground floor to learn the language, and about Dutch history, heritage and customs

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 to either or both 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 in the Harry Higgs room [[note new venue](#)]. 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 - Life and Love Debra Pearson debrapearson13@gmail.com

Debra has kindly offered to take over from Ted following his retirement from tutoring[?]. Debra holds a BA and MA; her BA included Film Studies. She intends to continue showing interesting offerings from many sources, but this term is limited to 7 weeks. The films will be The Guernsey Literary & Potato Peel Pie Society; Lars & the Real Girl; Under the Tuscan Sun; Mrs Harris Goes to Paris; Midnight in Paris, and About Time. The 7th week will feature a documentary on film-making. Bring a seat cushion & enjoy! Please contact Debra by e-mail to signify your intention to attend

Tai Chi/Shibashi Irene Mitchell 0427 875 845

Irene is looking after the Tai Chi/Shibashi class whilst Liz is away, and this term it is only being held at Burrill Lake. Shibashi exercises promote balance, strength and concentration; they are easy to do and leave you feeling relaxed and energised. Not only is a health benefit derived from their practice, but also enjoying the learning experience they provide. Irene leads the set exercises to music and commentary from Chinese masters

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, contact Faye - preferably 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 ...

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

Craig is continuing his beginners' class in Ukulele practices and techniques on Wednesday afternoons. For those who have progressed with him from there - or who have a reasonable competency on the instrument - he is holding his 'further strumming' class on Wednesday mornings

French 1 - Basics Noelene Hunt 0418 291 381

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 Margie Nyholm nyholmmargaret@gmail.com

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]

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

Birdwatching Phil Hendry mubirdclub@gmail.com 0448 445 359

Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800, starting on 09 February. Use the e-mail [shown above] for details of excursions and protocols [procedures and equipment], plus other activities

French 2 - 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

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

Canasta/Samba Bill Lampard 4455 7740

Bill is teaching 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.

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

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 ...

It would be nice to be able to offer fresh subjects in our syllabus.

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 teach a course on using a Smartphone? 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! YOUR U3A NEEDS YOU**

TREATS IN STORE - TERMS 2 & BEYOND

Mah Jong	with	Bill Lampard	4455 7740
Bonsai	with	Russell Baker	4454 1620
Shibashi at Lake Conjola	with	Liz Gray	4456 1052
Art History	with	Debra Pearson	debrapearson13@gmail.com
Finding peace through ancient wisdom	with	Dr Frank Gee	0468 476 279
The Blues [term 3]	with	Stephen Prothero	0488 240 103

TEA AND TALK

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

REGRETABLELY, THERE IS NO TEA AND TALK THIS TERM

Afternoon Tea would be served
A gold coin donation would be appreciated
Bring your friends to these interesting sessions

*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 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 25 February, featuring Adelaide Ferrier, Merimbah

Adelaide Ferrier has been winner of several international prizes, receiving the award of Revelation Soliste Instrumental at the 24th Victoires de la Musique Classique, becoming the first percussionist to be nominated for an award at this event. Based in Paris, she graduated her master's degree with highest distinctions at the Conservatoire National Supérieur de Musique et de Danse de Paris in 2017 at the age of 20; she has also studied at the London Royal College of Music.

THE MILTON-ULLADULLA STRING ORCHESTRA

The MUSO plays under the baton of Fiona Thompson. 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, or admin@muso.org.au or via Facebook.

The next MUSO concerts will be held on Saturday 29 June for children [watch for further detail], and Sunday 30 June from 3pm with the theme 'Fairy Tales and Legends' [entry by donation] at St Mary's Church, Cork St, Milton; an end-of-year concert on Sunday 1 December is also planned

THE MILTON DISTRICT BAND

The 150-year-old, 25-strong Milton District Concert Band, now conducted by Gerry Foster, 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 Flay on 4454 5860.

SENIORS' RIGHTS SERVICE

The Seniors' Rights' Service supports older people with free, independent, and confidential telephone advice, advocacy, and legal services. It is a community, non-profit organisation, dedicated to protecting and advancing the rights of older people. It helps older Australians stay independent for longer and offers support for their legal carers. It is the New South Wales' member organisation of the Older Persons' Advocacy Network (OPAN).

The Seniors' Rights' Service provides advice [including financial] for people seeking to access Commonwealth funded home care and residential aged care services.

The Service is offering the Milton-Ulladulla U3A an education session on the rights of older people. The one-off 60-minute session is planned for Monday 4 March at 2:30pm in the Harry Higgs room. Members interested in attending this presentation are asked to register with Chris Graham on 4454 3025 or by e-mail at chrisjoan@bigpond.com