TERM DATES 2024

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		
Acting Membership Officer	Paul Schuman		
Membership Officer-in-waiting	Suzanne Hancock		
Property Officer	Bill Lampard		
Webmaster/Social Media	Alister Nairn		
Social Secretary	John Hepburn		
Courses' Co-ordinator/Newsletter	Chris Graham	4454 3025	chrisnjoan@hotkey.net.au

Note: Some positions are likely to be filled by others following the 2024 AGM, being held on 24 April. Members are urged to attend the AGM; it's your U3A.

CONTACTS

Mail address	Milton-Ulladulla Campus Inc	PO Box 530	Ulladulla	NSW	2539
E-Mail address	u3amiltonulladulla@yahoo.com	<u>n</u>			
Web address	www.u3amiltonulladulla.org.au	L			

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 [behind 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 Members

Term 1 has come and gone and you will find a full and interesting program of Courses in the Term 2 Program the last program to be prepared by Chris Graham after more than twenty years in the role of Course Coordinator. Jan Dunkley will be taking over the role at least until the incoming Committee have had time to consider and to allocate the various tasks needed for the smooth management of our U3A.

During Term 1 your Committee has been somewhat preoccupied with changes and pending changes to Committee membership. In particular the Membership Officer position has been a difficult one to fill. Three members expressed their willingness to take on this role but for various reasons we have been unable to find a permanent solution. Our Treasurer, Paul Schuman, will temporarily take charge of the membership database and we thank him for doing that. We also thank the outgoing Membership Officer, David Howard for his patience and diligence during the handover. I believe the incoming Committee will turn their attention to the role of Membership Officer as a matter of priority and will perhaps find a solution which requires less technical knowledge and puts lesser burden on an individual member. Watch this space.

On the subject of membership, one of the Membership Officer's more difficult and time consuming tasks is trying to allocate bank payments to the correct member when the bank transfer does not show the name of the payer. Please when you renew your membership include your name and initial somewhere on the transfer. The Commonwealth Bank uses a "Description" field and a "Reference" field. Your bank will have something similar. If you are renewing for you and your partner then both names and initials need to be included.

This will be my last Message as Vice President and occasional Acting President. While I have largely enjoyed my time on the Committee, I have found the last three months difficult. I leave the Committee, however, confident that, after the AGM, the new Committee will manage our association efficiently and effectively with its focus fully on the people that count - the members. Finally, I urge all members to make every effort to attend our AGM on 24 April at 3pm in the Dunn-Lewis Centre.

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 about our Association for publication on our website. If you have anything that you think may be of interest to others, please let us know by email or contact the webmaster at the address shown on the first page.

DVD FILMS MISSING FROM OUR LIBRARY

To allow us to keep track of our films, there is now a Film Borrower's yellow exercise book and pen placed next to the white A4 DVD Catalogue Folder on top of the furniture along the north wall; a 2-week loan period seems reasonable. When you borrow, fill out the date of loan, your name and the DVD title, and on its return annotate the book accordingly. Please do the right thing and record all future loans, as well as return them within a fortnight.

An April inventory of the Film Library identified 41 DVDs as missing since before January 2024, and since then a further 7 have been taken and not recorded in the loan book. Hopefully the titles listed in the Appendix at the end of this newsletter will act as a reminder for their return, since they represent a substantial investment by our campus. There were also quite a number of titles that had been moved out of alphabetical order, which is inconsiderate to other members trying to find a particular film.

A full inventory will be conducted at the end of each term and it would be greatly appreciated if this honour system for controlling our assets is respected.

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 2 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

Introduction to Lawn Bowls Stephen Prothero secu3amu@gmail.com The Ulladulla Bowling Club in Green Street is offering a free introductory course on Lawn Bowls throughout term 2 to U3A members on Tuesday mornings from 1130 to 1230. The instructor will be David Chandler, a staff member of the Club. You will not need bowls or shoes ... the sessions will be conducted barefoot. There will be opportunity to practice following the lessons. Participants need to join the Club as social members to take part in the course, and if they decide to continue playing will need to upgrade. Register for this course with Steve Prothero at his e-mail, or by phone 0488240103 (email is preferred). You will need to do this before the 25 April so that the Club can make the necessary arrangements. Bowling is great fun and an excellent way to meet people; Steve looks forward to seeing you on the green

Finding peace within Scripture Frank Gee 0468 476 279 From ancient but always contemporary resources in the Jewish and Christian scriptures, explore pointers for finding peace: peace with ourselves, with others, and with God. As part of the course, principles of sound exegesis (intelligent reading of a text) will be introduced and practised

Portraits with a Laugh Glen Kilby 0449 635 665 It would be Glen's pleasure to introduce the fascination of and satisfaction with portrait art to a willing number of keen folk. He is an advocate for a stunning portrait that captures a likeness of maybe a parent or friend out of respect for their shared times together. Some may wish to illustrate the novel that's still brewing in the near future, to create a get-well card, or to help their kin love and uptake art. Glen is a member of The Millhouse Art Society where dozens of artists proudly exhibit. He will attempt to debunk any fear with a pen & paper by showing those techniques that the true masters used to win over their audiences - while having fun at the same time. So, say 'Yes' to "Portraits with a Laugh" from where he suggests budding artists will hurry home with a smile. When students hang their sketch on their wall, they'll not only impress others but they'll see themselves in a new and fresh light - a light they may never have known existed

Overview of the Government's Aged Care System Department of Health and Aged Care 0400 032 882 Departmental Officers Benjamin Webster (presenter), Narina Conte, and Rebekah Barr from the Southern NSW/ACT Regional Team will deliver a presentation on the Australian aged care system, including My Aged Care and the types of aged care services that are available to citizens. The Team is one of the regional networks established across Australia by the Department; it is based in the Illawarra/Shoalhaven region. This is a one-off presentation on Monday 06 May at 3pm; interested participants need to contact Chris Graham to register interest

RETURNING COURSES

Bonsai Russel Baker 4454 1602 Join Russell at his home at 32 Leigh Crescent in Ulladulla on Tuesdays at 1000 and explore the gentle art and craft 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

Mah-Jong for Newcomers Bill Lampard Bill's course is for both beginners and those who would like to brush-up their skills; it is held on Wednesdays from 1400 to 1630 at the Mollymook Golf Club [participants need to be members]. Bill is requesting that potential participants this term - both old and new - register with him before his classes start on 8 May

History of Art: Pissarro, Cezanne & Valadon Debra Pearson debrapearson13@gmail.com This term, Debra will concentrate on the lives of Pissarro, Cezanne & Valadon, who grew in recognition through their postimpressionist developments. She will use slides, DVDs and discussion over her 6 weekly sessions from 2 May to 6 June on Thursdays from 1pm to 2.30pm. No prior knowledge of the subject matter is required - just an enthusiasm to learn and to appreciate. Class is limited to 8 to enable easy discussion.

0413 583 689

Tai Chi/Shibashi

Dutch Frank Winston 0421 255 392 Frank's course, conducted in his home, 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 0493 855 224 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

0402 089 422 Line Dancing Helen Reeson 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

The Stoic Philosophy secu3amu@gmail.com Are you seeking inner strength and tranguillity 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 final classes of this 2-term course are being held 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 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 complete early next term

Film Appreciation - Journeys Debra Pearson debrapearson13@gmail.com This term, on Tuesdays from 1:30, Debra's 8 movies are based on the surprising 'places' journeys can take us, but they are all very different in tone and content. They are: The Piano; Enchanted April; Brooklyn; The Hundred Foot Journey; Lost in Translation; A Walk in the Woods; Paris Can Wait and The Farewell (Mandarin with English subtitles). Although these movies are connected by a common general theme, they range greatly in tone, content and characterisation, which should give us plenty to discuss! Bring a seat cushion (there is a limited number in the room), a mug, 1 packet of biscuits (to be shared throughout the term) and enjoy! Please e-mail Debra to signify your intention to attend a weekly session as there is a comfortable limit of 16 participants

Liz Gray Shibashi exercises promote balance, strength and concentration; they are easy to do and leave you feeling relaxed and energised. Not only is health benefit derived from their practice, but also enjoyment from the learning experience. Liz leads the set exercises to music and commentary from Chinese masters. Classes are held at Lake Conjola on Wednesdays and Burrill Lake on Fridays.

CONTINUING COURSES

5

04 0003 2882

0427 875 845

Steve Prothero

Making Mosaics	Colleen Ringe		0416 081 011
Mozaic patterns can be applied t		•	
Colleen will get you started by w	orking on small items to learn	the basics, and - once mastered	d - you can go where your
imagination takes you			
Ukulele: First and Further Strur			0424 750 045
Craig is continuing both his basic	and progressing classes in U	Kulele practices and techniques (on Wednesday afternoons
French 2 - Basics	Noelene Hunt		0418 291 381
Noelene's course is ideal for thos		or have a smattering of the land	
the opportunity to continue - bec			
	5	· ·	1 57 7
Dutch - Social Conversation	Emile Jansen		0415 405 107
Emile is again offering to host co	usual coffee meetings for Du	tch speakers wishing to use and	to enjoy their language in th
company of others. Contact him	to determine the particulars	of this term's first meeting, fo	llowing which their content o
direction will be decided by the	participant <i>s</i>	_	-
	Stephen Prothero/	Margie Nyholm	<u>secu3amu@gmail.com</u>
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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

fayelene40@aol.com

Faye Gibbons

Do you love reading and talking about books? Bookclub2 meets upstairs at the Milton-Ulladulla Bowling Club [participants

M-U U3A Book Club 2

0417 461 954

Cryptic Crosswords: Intermediate 2 John Dallimore

0493 855 224

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; <u>chrisnjoan@hotkey.net.au</u>) 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 3 & BEYOND

The Blues	with	Stephen Prothero	0488 240 103
World War II Aircraft	with	Doug Overton	0404 461 864
Hatha Yoga	with	Annette Craig	0448 900 086
French 4 [advanced]	with	Kim Van den Hengel	0429 126 500

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

TEA AND TALK HAS YET TO BE ARRANGED THIS TERM

Afternoon Tea is served at presentations 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 <u>enidever@bigpond.com</u> 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 Saturdays from 1:30pm at St Martin's Church Hall, Green Street Ulladulla. The cost of the concerts is \$50, and tickets are available at the door [school children free when accompanied by a paying adult].

The next concert is on 01 June, and is being given by Rachael Scott and Duo Agostino.

Cellist Rachel Scott studied with David Pereira in Canberra and Robert Cohen in London. She has played as a soloist and chamber musician in the United Kingdom, Serbia, Albania, Finland, Hungary and Germany. Rachel is the founder of the highly successful and innovative 'Bach in the Dark' concert series, through which she presents regular concerts with some of Australia's best chamber musicians, actors and visual artists

Duo Agostino is comprised of guitarists Raffaele and Janet Agostino. Raffaele is a freelance musician and teacher who founded the Sydney Guitar Quartet, a group that performed extensively for a period of over 10 years and was the first ensemble of its kind in Australia; he has performed for over 7 years in the Musica Viva "Music In Schools" project with the cello, flute and guitar ensemble "Spectra". Janet Agostino, who was also a founding member of the Sydney Guitar Quartet, has been a teacher and performer of the classical guitar for more than 25 years. She is the founder of the highly successful and innovative "Bach in the Dark" concert series, and too has performed with many ensembles, notably frEternity – formed to record and to promote the works of Australian guitarists/composers.

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 <u>admin@muso.org.au</u> or via Facebook.

The next MUSO concerts will be held **at the Civic Centre**, Ulladulla on Saturday 29 June at 11am for children with the theme 'Princesses and Knights' [with a compere introducing the stories and the orchestral instruments] and on Sunday 30 June at 3pm for the community with the theme 'Folktales and Legends'. An end-of-year concert on Sunday 1 December is also planned. Entry is by note donation

THE MILTON DISTRICT BAND

The 150-year old, 25-strong Milton District Concert Band practices every Thursday evening in the Milton School. 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.

LIST OF FILMS MISSING FROM THE M-U U3A FILM LIBRARY - APRIL 2024

If you have borrowed any of these U3A library titles, please may they be returned

- 1. The African Queen
- 2. A Big Hand for the Little Lady
- 3. Breakfast at Tiffanys
- 4. The Book Club
- 5. Cinema Paradiso
- 6. Canadian Bacon
- 7. The Castle
- 8. Dave
- 9. Desert Fox: The Story of Rommel
- 10. <u>De-Lovely</u>
- 11. The Day will Dawn
- 12. Enchanted April
- 13. For Better & for Worst
- 14. The Front Page
- 15. Guys & Dolls
- 16. Great for Danger
- 17. Genevieve
- 18. Hot Millions
- 19. Here Comes Mr Jordan
- 20. High Noon
- 21. I Married a Witch
- 22. It Happened One Night
- 23. Kramer Vs Kramer
- 24. Last of the Blonde Bombshells
- 25. Love Among the Ruins
- 26. Ladies in Black
- 27. Marty
- 28. The Manchurian Candidate
- 29. Mrs Henderson Presents
- 30. Man in Blue
- 31. North by Northwest
- 32. Oliver Stone Heaven & Earth
- 33. The Out of Towners
- 34. Perfect Friends
- 35. Quartet
- 36. The Railway Man
- 37. Spotswood
- 38. Shirley Valentine
- 39. Shot in the Dark
- 40. Secret Mission
- 41. Support Your Local Sheriff
- 42. The Theory of Everything
- 43. Tuesdays with Morrie
- 44. Twelve Angry Men
- 45. A Walk in the Woods
- 46. We Have a Pope
- 47. The World According to Garp
- 48. You Can't Take it With You

Note: The 7 underlined titles above have been removed and not returned from the Film Library since January 2024 ... nor were they recorded in the yellow loan book.