



Learn, laugh, live

U3A MILTON-ULLADULLA CAMPUS INC

U3A Term 3 2024 BULLETIN

This Bulletin is intended to provide information specifically relevant to Courses and various items 'for your diary'.

Its intent is to provide further information on a range of learning and recreational activities, in line with our motto 'Learn, Laugh and Live'

All other U3A news and information will be published in a regular Newsletter by the President.

TERM DATES 2024

Term 3	Monday 22 July to	Friday 27 September
Term 4	Monday 14 October to	Friday 20 December

CONTACTS

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Course Co-coordinator	u3amudcoursecoord@gmail.com

Committee members are contactable through the e-mail addresses above.

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 individual course fees

COVID

Please see our Website for latest NSW Government Guidelines.

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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, of course, it so does help identify you to those around you.

NEW COURSES for Term 3/2024

LUNCHTIME LECTURES

Climate Change: A Perspective	Tom Hunt	hunttomj@gmail.com
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Tom is a retired systems engineer and project manager with 31+ years in the IT division at BHPs Port Kembla Steelworks and subsequently project manager role at the University of Wollongong, working to optimise the use of the buildings there, and later to organise and encourage more sustainable transport for the sixteen thousand people who travelled there each day. On retiring in 2016, he refreshed and built on the knowledge he had acquired from his science degree from back in the 70's.

He decided he would do what he could to help combat climate change "for the next 3 years". He's still working on it and his talks are about some of the more interesting things he has learned in recent years. He strives to entertain as much as to inform.

Talks are organised in the format below:

July 22 Story of Carbon - Carbon is such a wonderful element that is really important to life. What does it really do and how has it become an ogre?

July 29 Earth's history, has climate changed? So much older than human history, there are a million more stories of Earth's past.

August 5 Earth's future, can we change it? Judging by the past, can we see the future? Will the climate change? By how much? How could we stop that?

August 12 Story of Electric Vehicles, solar, batteries. Do they help? Seems like one of the more fun solutions to climate change, but are EVs really as good as they say? And can you actually power all of your home and your cars just from the sunlight on your roof?

JAPAN – An Introduction t Culture and Language.	Greg Chaikin	Shidai33@hotmail.com
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This series of interesting and inter-active presentations will be led by Greg Chaikin who has taught about Japan at university level In Australia. He has also lived and worked in Japan as a teacher and lecturer.

This 3-session course will provide some introductory insights into Japan. Its purpose to help those planning to travel, or for those who have a general interest in Japan, to learn some essentials about Japan's geography, history, culture and language. The format will involve video material, Q and A discussion and language basics for travel in Japan.

Comparative religion	Geoffrey ANDREWS	Geoffreyandrews89@gmail.com
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One of U3A's perennially popular tutors, Geoff returns with another interesting offer. The course will look at a systematic comparison of the doctrines and practices, themes and impacts (including migration) of the world's great religions. In general, the comparative study of religion yields a deeper understanding of the fundamental philosophical concerns of religion and the nature and forms of salvation. It also considers and compares the origins and similarities shared between the various religions of the world.

EXISTENTIALISM	Steve Prothero	protheros@me.com
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This course is designed to accomplish two objectives: One is to cast the intellectual net broad enough so that you get a good understanding of the development of ideas about existential authenticity. Two is to go deep into some of the nuances. The focus here is on the philosophers who deal most directly with existential authenticity as well as key people who help put authenticity in context. These lectures touch on the historical context of existentialism and key themes such as choice, freedom, anxiety, responsibility, bad faith, and authenticity. It also addresses some of the main misconceptions about existentialism. Topics covered in this course include:

1. How to Think like an Existentialist.
2. Søren Kierkegaard on Existential Crises
3. Kierkegaard's Leap to Faith.
4. Friedrich Nietzsche on Authentic Greatness.
5. Nietzsche on Creating Super-Relationships
13. Frantz Fanon on Restoring Human Dignity
14. Jean-Paul Sartre on Why Hell Is Other People.
15. Sartre on Sex and Sadoomasochism
16. Sartre on Authentic Work
17. Richard Wright on Overcoming Alienation

6. Martin Heidegger on Authentic Being.
7. José Ortega y Gasset on Authentic Destiny
7. José Ortega y Gasset on Authentic Destiny
8. Karl Jaspers on Authentic Communication.
9. Albert Camus on Authentic Happiness.
10. Camus on Absurdity.
11. Camus on Authenticity amid Chaos.
12. Camus on Authentic Rebellion.
18. Simone de Beauvoir on Authentic Love
19. Beauvoir on Authentic Friendships.
20. Beauvoir on Raising Children Authentically
21. Beauvoir on Authentic Aging .
22. Beauvoir on Loving Your Mortality.
23. Toni Morrison and the Sources of Self-Regard.
24. Everyday Existentialism.

Decoding the Secrets of Egyptian Hieroglyphs	ENID EVERINGHAM	enidever@bigpond.com
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This course is for everyone who has ever wondered what the mysterious hieroglyphs carved on ancient Egyptian temples say. The course's goal is to give you the ability to read ancient Egyptian texts. Once you see that all those birds, feet and snakes are not just pictures, you will be on your way to translating ancient texts.

Decoding ancient Egyptian writing was one of the great intellectual adventures of all time, and it was not easy. The early lectures follow the story's heroes as they struggle to decipher the Rosetta Stone over two decades. In addition to learning how to read hieroglyphs, you will also learn how to write them, enabling you to think like an Egyptian. Hieroglyphs serve as a doorway to ancient Egyptian culture. When you learn to read and write the names of the gods, you will also learn the mythology related to them. In the last lecture you will translate the long inscription on Tutankhamen's sarcophagus.

The HERBAL MEDICINE CHEST	Raylee Myers	Raylee50@bigpond.com
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This course will focus on foods and herbs that you might commonly find in your pantry and refrigerator or even in your back yard. Many people know a little about how useful herbs can be for health and wellbeing but often do not know which herbs are best for what, how to prepare them so they will be effective for an acute or chronic condition, or how much and how long to take them. This course will cover these aspects as well as how the most common constituents of herbs affect the body e.g. mucilage, bitters, essential oils, fibre, thereby giving a general understanding which can then be applied to other situations.

Raylee studied herbal medicine under the well known and loved Herbalist, Denis Stewart while living and working in Sydney. She lectured in herbal medicine at the Australian College of Natural Medicine in Brisbane for a number of years. During that time, she re-wrote the herbal medicine programme and achieved government accreditation for the course. Raylee is well known in the profession and gave lectures to her colleagues in the National Herbalists Association. She then wrote the textbook for the course which was also government accredited. Raylee has led many workshops on basic herbal medicine and herbal skin care for the lay person

Understanding your Astrological Birthchart.	Lyndall Sam	[REDACTED] lyndallsam@icloud.com
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This course teaches the anatomy of a Birthchart, and how the planets and points have influenced, and continue to affect your life. Birthchart and Guide included. This course immediately follows **The Herbal Medicine Chest**

RETURNING COURSES

MONDAY

PORTRAITS WITH A LAUGH	Glen Kilby	044635665
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Glen says 'Last term I was granted a two-hour bracket which actually kicks off at 8.30...thru to 10.30. Glen has in mind a gentle start to the serious business of portraiture so will start the morning on a social note. Bring a coffee!

Glen's quirky and creative approach to life extends to his suggestion that newcomers who would like to join the group simply text the word "face" in the first instance. He will call you back 'when he's not in the shower! 😊

Dutch	Frank Winston	0421 255 392
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Frank's continuing 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

HATHA YOGA	Annette Craig	0448900086
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Annette is returning by popular demand. A **yoga** class described as '**Hatha**' will typically involve a set of physical postures (**yoga** poses) and breathing techniques. These are typically practised more slowly than other forms of yoga. Very suitable for newcomers and those with physical limitations.

M-U U3A Book Club 1	Carmen Champion	carmenchampion18@gmail.com
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ookclub1 meets on the third Monday of the month at 1230 in the Harry Higgs room. The book club operates with a maximum of 13, and currently has a few vacancies – contact Carmen [preferably via e-mail] to check if there is room. [0413 489 537](tel:0413489537)

TUESDAY

Tai Chi/Shibashi (session 1)	Liz Gray	0427 875 845
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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 Community Hall on Tuesdays

The Origin and Evolution of the Earth	Chris Graham	0400 032 882
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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	Debra Pearson	debrapearson13@gmail.com
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This Term, our **8 movies** have 'books' as an important theme to connect them, but they are all very different in narrative, characterisation and tone:

1. Miss Potter; **2.** Tolkien; **3.** Finding Neverland; **4.** I Capture the Castle; **5.** The Hours; **6.** Breakfast at Tiffanys; **7.** The Wonder Boys; and **8.** The Hedgehog. (French with English subtitles.)

This term will also introduce an **optional 9th week documentary** on either Filmmaking, Film History or Film Appreciation – to run during terms 1, 2 & 3. (Term 4 will remain as 8 weeks.) 'Tea with the Dames' will be our first film documentary.

Please join us in friendly, informal discussion and view some old favourites, as well as discover some new ones. Bring a seat cushion (there are a limited number in the room), a mug, 1 packet of biscuits (to be shared throughout the term) and enjoy!

WEDNESDAY

<u>Tai Chi/Shibashi (session 1)</u>	<u>Liz Gray</u>	<u>0427 875 845</u>
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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 Lake Conjola Community Hall on Wednesdays

<u>M-U U3A Book Club 2</u>	<u>Faye Gibbons</u>	<u>fayelene40@aol.com</u>
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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

<u>Making Mosaics</u>	<u>Colleen Ringe</u>	<u>0416 081 011</u>
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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

Margie continues to offer this forum to focus the minds (and hearts) of those who attend this lively and congenial discussion gr

<u>Mah-Jong</u>	<u>Bill Lampard</u>	<u>0413 583 689</u>
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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 24th July.

THURSDAYS

<u>French 2 – Basic sand beyond</u>	<u>Noelene Hunt</u>	<u>0418 291 381</u>
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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>French4 – Advanced</u>	<u>Kim Vanden Hengel</u>	<u>0429 126 500</u>
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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!

<u>Dutch – Social Conversation</u>	<u>Emile Jansen</u>	<u>0415 405 107</u>
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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>nyhomemargaret@gmail.com</u>
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Margie, continues to offer the forum to focus the minds (and hearts) of those who attend this lively and congenial 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>Looking at Modern Art</u>	<u>Debra Pearson</u>	<u>debrapearson13@gmail.com</u>
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Before continuing our journey into Modern Art, this term we will discover some tools and techniques to assist us in a deeper understanding and appreciation of how to 'look' at art.

Colour becomes ever important, but for the first time in art history it also becomes the subject itself for the new and exciting Post Impressionist period and beyond.

Freed from realism, largely because of the invention of photography, (as well as the availability of new artist materials, scientific discoveries & philosophical approaches), artists now explore new ways of expression.

Through DVDs, slides and discussion we will explore some basic considerations to aid in our viewing and enjoyment of art. No prior knowledge is required. Debra Pearson, now retired, holds a Master of Creative Arts and a Bachelor of Arts (in Fine Arts Photography & Art History.) Debra has over 20 years experience teaching in Adult Education, as well as working as a community arts photographer and visual arts curator.

<u>French 1 – Beginners</u>	<u>Marilyn Schoonderweord</u>	<u>0412 101 947</u>
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Marilyn is now presenting her second term of the Course so if you have an interest in learning the language, so there is still time to join her.

FRIDAY

<u>Birdwatching</u>	<u>Phil Hendry</u>	<u>mubirdclub@gmail.com</u>
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Phil launches Birdwatching sorties every fortnight on Friday mornings at 0800. Use the e-mail [shown above] for details of excursions and protocols [procedures and equipment], plus other activities

<u>French 3 – Beginners</u>	<u>Marilyn Schoonderweord</u>	<u>0412 101 947</u>
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Marilyn is now presenting her second term of the Course so if you have an interest in learning the language, now is still the time to join her and the group.

<u>Tai Chi/Shibashi (session 2)</u>	<u>Liz Gray</u>	<u>0427 875 845</u>
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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 Burrill Lake on Fridays.

<u>Cryptic Crosswords: Intermediate</u>	<u>John Dallimore</u>	<u>0493 855 224</u>
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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 level.

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 enidever@bigpond.com if you have any suggestions

ITEMS OF INTEREST

Daniel Röhn/Simon Tedeschi Concert – Piano & Violin on 21st September

St Martin's Anglican Church

275 Green Street, Ulladulla NSW 2539

Concert starts at 2 pm

Tickets: on sale soon

Milton Theatre will present James Morrison on Saturday at 8 pm and a Sunday Matinee at 1400

