

# MiltonUlladulla

## U3A Campus inc



October 2015

Term 4 Newsletter

Volume18Issue 4

### U3A President's Message

I recently went to the Ulladulla Library to leave a bundle of U3A brochures for the Visitors' Centre information display. The librarian saw the brochures in my hand and before I could open my mouth she said, "Oh, U3A, thank you very much, I'll take them!" and whisked them away to do their job of informing retired and partly retired community members of the wonderful courses available for their information and entertainment. I have also received several enquiries through the website email address which shows that our avenues of communication are working well.

It is with great pleasure that I am able to announce that two new community members have volunteered to serve on the Milton Ulladulla U3A committee. They are Colin Cornwell, our email Secretary and John Hayes, who is now our Vice President.

Colin Cornwell has set up an email address for communication with U3A through which he can receive messages and send items to members. This email address is [colinc.u3a@bigpond.com](mailto:colinc.u3a@bigpond.com). Please use this email address if you need to contact the committee, although, of course you may contact committee members through their personal email addresses. It's great to have Colin on the U3A Committee.

John Hayes has served on the U3A Committee before, firstly as Treasurer and then as President. He is, at present, President of Milton Ulladulla Probus. We welcome John back to the U3A Committee.



Vince Rowe, the Properties Officer of Milton Ulladulla U3A, has installed a new white board in the Harry Higgs Room. This will eliminate the dust residue from chalk which harms our electrical equipment. There will also be no more confusion about which duster should be used on the board. Only whiteboard pens should be used on the whiteboard.

Tutors have found that having a photocopier in the Harry Higgs Room has been invaluable. It has been necessary to replace the photocopier with a new one which is being installed and tested during the term break. This photocopier will connect and print from your laptop computer if you need it to do so.

### Enid Everingham (President, MUU3A)

Colin Cornwell has volunteered to become the **email Correspondence and Contact List Secretary**. Colin is a retired Lieutenant Commander of the Australian Navy. He has recently retired from a 37 year long career in the Navy, finishing at Albatross in Nowra after serving in Perth, Melbourne, Darwin, among other places. During his last position he provided computer engineering support for ships' communications. He won the Boss of the Year award at Albatross. He and his wife, Noma, came to the Shoalhaven on camping holidays, bought a house six years ago and settled here after retirement. He enjoys Men's Shed and volunteer gardening, and will keep U3A's contact list up to date and answer your emails. Colin has three daughters, 13 grandchildren and 5 great grandchildren. If you wish to contact U3A by email, contact Colin at

[colinc.u3a@bigpond.com](mailto:colinc.u3a@bigpond.com)



## U3A On-line Courses

U3A On-line has been established in Australia through the Griffith University Community Service Program; it can be accessed at

[www.u3aonline.org.au](http://www.u3aonline.org.au).

There is plenty of information on the site: in particular, a list of courses and a members' discussion forum. Individual access to the courses costs \$25 a year for independent study at no further cost; to take a course with a course leader costs an extra \$5. Go to the site and see what is available to you.

Our U3A is an Organisational Member of U3A On-line; such membership enables us to print and to copy the notes from listed courses for face-to-face teaching at \$20 a course. If any member feels they would like to run a course using U3A On-line resources (paid for by the campus), contact the Courses' Co-ordinator.

There is also a NSW U3A website - [www.nsw.u3anet.org.au](http://www.nsw.u3anet.org.au) - with much to offer. It has a location where anybody can submit personal reminiscences up to about 1000 words; it contains some fascinating and readable stories [from the site's home page, go to 'Network Related Links' thence to 'Remember When']. Perhaps some members would consider submitting their own material?

### 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.*



Vice President of U3A Milton Ulladulla, John Hayes, with his beloved standard poodles, Sophie and Emma, and friends at treats time.

**“You only live once, but if you do it right, once is enough.”**

**Mae West**



**The Meaning of Life** is just what these enthusiastic U3A members are seeking. They are led by Tutor, Valerie Barnes. They delve into philosophies from Zen to Nietzsche on Wednesday mornings from 10:00 a.m. to Noon at the Ex-Servos Club. Give Valerie a call on the phone number given in the timetable if you would like to

## THE 2015 TERM 4 PROGRAMME

### NEW COURSE

#### A Visual Guide to the Universe

Chris Graham

4457 1249

Following the success of the 'Great Course' DVD on Images from the Hubble Telescope, a further DVD has been produced which documents information gleaned over the past 20 years from many sources about our Solar System, our Galaxy, and the great expanse of space beyond. Chris will show participants visually stunning images, reflecting the very nature of the place where we live, presented by one of the world's leading astronomers who will examine the information they contain and explain its meaning and implications in everyday terms. The course starts on the 20 October and runs for 2 terms

#### Potential New Course

**Carole Dykes** is interested in running **Book Club 3** in Milton Ulladulla U3A. Her day and frequency of meeting is still to be decided, but, if you are interested, you can contact her on **4454 5125** or email her at **calrole.dykes@gmail.com** .

### RETURNING COURSES

#### Walking Plus

Helen Reeson

4455 2805

Join Helen first thing Monday to walk and to work-out [not too rigorously] for one hour to tone the muscles and to breathe the fresh air; both slow and not-so-slow walkers are welcomed. Start by warming-up and stretching. There will be occasional stops at work stations along the way to focus on different muscle groups, aerobic conditioning and correct walking form [and to bring the group together again]. Carry minimal equipment to keep hands free; wear good walking shoes. Meet in St Vincent Street near the bridge opposite the Bowling Club car park at 0800; park in Jeffery St. There is no course fee

#### Monday Music

David Evans

44543039

David's Monday course is currently his only

music appreciation session [ie, there is no Tuesday Music this term]. It is held in his home, so places are limited; register with him early to avoid disappointment

#### Line Dancing [2 sessions]

Helen Reeson

4455 2805

Helen invites members to join her Monday and Friday Line Dancing classes. As Helen says, Line Dancing is all about moving to music, having fun with friends, and exercising both mind and body ... it's definitely not about boots, buckles and hoe-downs. Routines follow a variety of music and dance styles - including waltzes, rhumbas, and chachas. You don't need a partner, and steps can be modified to suit individual needs or restrictions. You can enrol for one or both weekly sessions, which run from noon to 1pm at the Catholic Church Hall on the corner of Green and St Vincent's streets. So get along and get started with basic steps and easy dances ... and you're welcome to stay for a cuppa afterwards. Helen hopes to see you there

#### Strength and Flexibility

Helen Reeson

4455 2805

Helen's course focuses on co-ordination, posture and breathing, and a degree of fitness is required to participate. Members are invited to join her at the Outreach Centre in North St Ulladulla [opposite the Police Station] at 0800 on Wednesdays. This is an 'associated' course; as such there is no course fee, but a donation of \$3 per session to the Outreach Centre would be welcomed

#### Easy Yoga

Helen Reeson

4455 2805

Helen's approach to Yoga is gentle but stimulating - so wear comfortable clothing for an enjoyable exercise class on Fridays from 0800 to 0900. Again, the course is at the Outreach Centre in

North St, and again it is an 'associated' course without a course fee - hence a donation of \$3 per session to the Outreach Centre would be welcomed

## CONTINUING COURSES

### Singing for Pleasure

Elisabeth Andrews 4454 3580

Singing for Pleasure, under Elisabeth's guidance, is now in its tenth year, and has a band of reliable singers who would welcome and help newcomers. The group aims to sing in three or four parts as far as is possible, and would be glad to see new members in all sections of the choir - whether or not they can read music. Everybody finds that it is good to have a performance to work for, but these are not frightening experiences, and the aim of the course is to give pleasure as well as to enjoy the process. This term, Elisabeth plans a concert on 31st October, and thence will rehearse carols. So, give it a try!!

### Russian

Irene Mitchell 4454 0747

Irene will continue to teach the language, and to look at Russian culture, customs and way of life. The course level is such that unless you are conversant with the Cyrillic alphabet and the very basics of the language it will not be suitable for you

### Cryptic Crosswords for Beginners

John Dallimore 4454 1453

Strictly not a 'new' course, since John found he needed to start this course early last term. So, if anyone wants to start from scratch, now is the time to act; John's course is for you ... he looks at solutions to earlier puzzles, and dissects the clues to reveal the answers

### Film Appreciation

Ted Gordon 4455 2313

Join Ted to watch classic films. In general, Ted has a full complement, but check with him in case vacancies have arisen

### The Meaning of Life

Val Barnes 4455 5796

Val's course will continue looking at Life from the philosophical perspective of Zen, Hume's skepticism, Kant's consideration of Immaturation and the Challenge to Know, Mill's call to Individuality and to Liberty, Tolstoy's asking 'Is Everyday Life the Real Thing?', and Nietzsche on 'The Twilight of the Idols'. Her class is held in the Ex-Servos Club [old building] on Wednesdays between 10 and 12

### Leadlighting

Brian Brown 4457 1260

Brian's course is well established, but beginners are more than welcome to come along. Brian will cover the basics, the techniques, and the equipment you will need to get under way. A reasonable outlay is required on tools and materials, but Brian has some starter kits available to get beginners going. Participants will decide what they want to do, and progress at their own level and pace. The course is held in the Old Fire Shed at Bawley Point

### Making Mosaics

Margo Lester 4455 1652

Margo's Making Mosaics sessions start by working on small items to learn the basics, and - once mastered - participants will go thence to where their imaginations take them ...

### Shibashi

Irene Mitchell 4454 0747

Start the day undertaking gentle body

movement and balance with vision and music with

Irene at the Burrill Lake Community Hall

Continuing French

Judith Pearce 4454 4477

Judith's course is for those 'beyond beginning'; however, phone her if you are interested and you think your standard is acceptable ... then you and she can decide whether it is for you

Great Minds of the Western Intellectual Tradition

Dr Roy Liegel 4454 4120

Roy's course is also held in the ex-Servos club on Thursdays between 10:30 and 12:30; he is mentoring the course from The Great Courses' DVD series of the same name. It is a comprehensive survey of the 3000-year history of Western philosophy from its origins in classical Greece to the present day. The format is to listen to 2 lectures and then enjoy a group discussion on the content ... over a cup of something. Because of the extensive nature of the subject, the course will be conducted over a number of terms. Roy intends to issue information about each session in advance, so that participants can be aware of what is coming and prepare themselves for the group exchange

Current Affairs

Noel Souter 4454 2254

Noel is again ready to focus the minds (and hearts) of those who attend his lively discussion group on the implications of everyday events and trends

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 into them and would like pointers on how to tackle them competently.

M-U U3A Book Club #1

Liz Shinton 4454 5584

Liz's club meets every month on the first Thursday at 2 o'clock in the Ulladulla Library. The aim, as always, is to enjoy and to discuss a good read. Regrettably, this book club is full, but 'phone Liz to check - just in case a last-minute vacancy has arisen. However, you have an option; consider ...

M-U U3A Book Club #2

Beverley Webster 4454 2062

... Book Club #2 - with the same aim as Book Club #1 - is also in full swing in the Library; it meets every alternate Friday morning, starting 24 April. Sadly, this club too is full, but - again - contact Beverley to check if there is now a vacancy

Android Users' Group

Paul Allan 4455 4465

The campus Android Users' Group discusses applications, and seeks solutions to specific issues and problems with Android devices, such as phones and tablets. Paul convenes the monthly group meeting on the afternoon of the 4<sup>th</sup> Thursday in the Dunn-Lewis Centre

German - Beyond Beginning

Elke Smith-Hill 4455 3547

Elke continues her exploration of the German language and culture - devoting time to customs, history and holidays; she promises a fun experience! Elke has now reached the stage where beginners would not be able to participate easily; however, if you have some skill in the language, then give her a call and you and she can assess whether you would benefit. Starts 15 October



**French Literature and Conversation****Val Barnes 4455 5796**

Val welcomes fluent French-speakers to join her between 10 and 12 on Friday mornings at the Dunn-Lewis Centre to discuss, in French, French contemporary songs, poetry and writing through the ages

**Recorder Group****Vern Flay 4454 5860**

The Recorder Group is now conducted by Vern Flay, who has a wealth of experience coaching musical ensembles; as a result, participants are now increasingly appreciating their musical theory and performance. 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 you started - including offering basic tuition before the group assembles for practice

**ASSOCIATED COURSES**

The following courses are self-organising, but are run under the auspices of or are supported by M-U U3A.

**Milton and District Concert Band****Vern Flay 4454 5860**

The Milton and District Concert Band 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. Beginners will be coached before full band practice starts at 1930. The band runs its own budget, so there is no course fee

**Birdwatching****Marg Hamon 4457 1129**

Birdwatching sorties are launched every fortnight on Friday mornings. Contact Marg or visit [mubirdclub@gmail.com](mailto:mubirdclub@gmail.com) for details of excursions and procedures, and other activities.

**Mah Jong****Enid Hillery 4455 5273**

Enid's friendly group meets every Saturday afternoon in the Harry Higgs Room. You should have a good grasp of the game ... so if you play at an intermediate standard, Enid would be delighted to welcome you

**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; follow the old adage - do it now.

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.

*Enrolment Day for Milton Ulladulla U3A will be held on*

*Wednesday, 20th January, 2016*

*At the Harry Higgs Room*

*In the Cultural Centre, Milton*

*From 10:00a.m. To 3:00p.m.*

*Enrol, chat, tea'n'coffee, enjoy.*

**TEA AND TALK**

Ideas for presentations in the 'Tea and Talk' series are always sought; talk to Enid Everingham 4454 2430, or e-mail her at [enidever@bigpond.com](mailto:enidever@bigpond.com) if you have any suggestions ... they are very welcome.

## **POTENTIAL COURSES - TERM 1 AND BEYOND [i.e. TREATS IN STORE]**

If all goes to plan, as well as our usual fare, we'll see some or all of these courses starting or returning in the coming terms. If you are interested in any, give the tutors a ring to let them know - it all helps with their planning. Contacting them now is not a commitment by you to attend later - we all understand people's circumstances change.

World Textiles with Judy Richmond [04 1474 6537]

Geological Wonders of the World with Phil Smart [4455 5616]

Optimizing Brain Fitness with Frances Hepburn [4455 4267]

Writing you Memoires with Anna Flynn [4455 3279]

The Night Sky with Chris Shinton [4454 5584]

Conversational Italian with Mary Benton (4454 1197)

## **The M-U U3A DVD and CD Courses' Library**

A wide range of courses are available on DVDs and CDs from a number of sources around the world; of particular merit is 'The Great Courses' series which originates in the USA. The series is produced to a very high standard, and covers a wide range of subjects: science, philosophy, language, literature, business, history, fine arts, music, religion, and many more - all presented by engaging professors drawn from Universities all over the world.

Material from The Great Courses series has been purchased to supplement the research of U3A Tutors. This enables them either to illustrate their work with filmed or recorded subject matter, or to base their course on the imported material, or simply to introduce and to play the course for discussion with participants. Whatever method is employed, using this material enhances and varies our programme to the benefit of both tutors and members. The Courses in our library include:

**Greek mythology, Greek philosophy, Eastern Philosophy, Western Philosophy.**

**The Teachings of St. Augustine, The Wisdom and Literature of the Bible, The mediaeval Cathedral.**

**Great Voyages of Exploration**

**The Joy of Mathematics, Modern Mathematics, Calculus, Music and Mathematics.**

**A New History of Life**

**Forensic Science**

**Neuropsychology, Optimising Brain Fitness**

**Myths, Lies and Half-Truths of Language Usage, Language and Society.**

**Writing and Civilization, Building Sentences**

There are many more titles available in the series. If any member is considering tutoring a course akin to these titles, or others, or is simply just interested in viewing, contact our Treasurer or the Courses' Co-ordinator for more information or visit the GC website at [www.TheGreatCourses.com.au](http://www.TheGreatCourses.com.au); there may be something there which just meets your need.

**Coffee:****Black as the devil,****Hot as hell,****Pure as an angel,****Sweet as love.**

Talleyrand

**NOTICES TO MEMBERS****M-U U3A BOOK CLUBS**

Members will see in this newsletter that our U3A's two Book Clubs are full. Their popularity has been extraordinary, and people are continually asking to join one or the other; it therefore would seem that we are ripe to establish a third. Would any member like to co-ordinate another group? If you need more information, please contact Beverley Webster [Convenor Bookclub #2] on 4454 2062, or Chris Graham [Courses' Co-ordinator] on 4457 1249.

**HARRY HIGGS ROOM**

We all like to enter the Harry Higgs 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 you have enjoyed drink or food on them; also, if the rubbish bin is full or contains decomposable material, please empty it in the council bins outside the room.

**INSURANCE**

All Milton-Ulladulla U3A members 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 in respect to 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.

**Elizabeth Andrews and the U3A Singing for Pleasure Choir with other musicians will present a concert at the St. Martins Church Hall on Saturday, 31st October, 2015, at 5:00 p.m. Proceeds of the door takings will go to a nominated charity.**

**MEMBERSHIP BADGES**

Membership Badges this year are coloured bright yellow - they signify you are a current member, and are your receipt for payment of membership. Please wear your membership badge to classes and functions; it helps identify you to those around you.

**MEMBERSHIP DETAIL**

Members are asked to keep our Membership Officer up-to-date with their contact details - particularly changed e-mail addresses.

**COMMUNICATION WITH MEMBERS**

U3A has a new email Secretary. For all contact with U3A Milton Ulladulla email Colin Cornwell at colinc.u3a@bigpond.com

E-mail is our preferred method of communication with members. If members have acquired an e-mail address, or recently changed it, please let our Membership Officer know. Those without e-mail will continue to receive the newsletter by post.

**PUBLICITY**

Our Publicity Officer very much appreciates information given by members for publication in the local paper, or elsewhere, or for our archives. Please let her know if you have any material regarding our campus' activities.

**VENUES**

The U3A 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**

Annual Membership of Milton-Ulladulla U3A Campus is \$20, payable in January, or on joining the campus.

**Choirmaster, Elizabeth Andrews, conducted the U3A Singing for Pleasure Choir when they performed for the VIEW Clubs Zone NGO2 Church Service. Their repertoire of songs gave the audience great pleasure.**



## The Great Courses DVD and CD Register

Some members of U3A own their own copies of items in The Great Courses series. U3A is interested in compiling a list of any DVDs and CDs that might be available so that U3A Tutors could borrow the DVD and use the content to complement their courses or to present the course as a whole if the owner did not wish to do so.

If you would like your Great Courses DVDs to go on this register, please contact the Correspondence/Minutes Secretary, Libby Rooney, on [roaminglibby@gmail.com](mailto:roaminglibby@gmail.com) so that she can compile the list.

*Hope is the thing with feathers*

*That perches in the soul*

*And sings the tune without the words*

*And never stops at all*

*And sweetest in the gale is heard*

*And sore must be the storm*

*That could abash the little bird*

*That kept so many warm.*

*I've heard it in the chilliest land*

*And on the strangest sea*

*Yet never in extremity*

*It asked a crumb of me.*

*Emily Dickinson 1830-1886*

## MILTON ULLADULLA U3A COMMITTEE

<b>President/</b>	Enid Everingham	4454 2430
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### TERM DATES 2015

Term 4 6 October—16 December

### TERM DATES 2016

Term 1 01 February - 24 March [Thu] [8 weeks] [or maybe continuing after Easter?]

