



## U3A President's Message

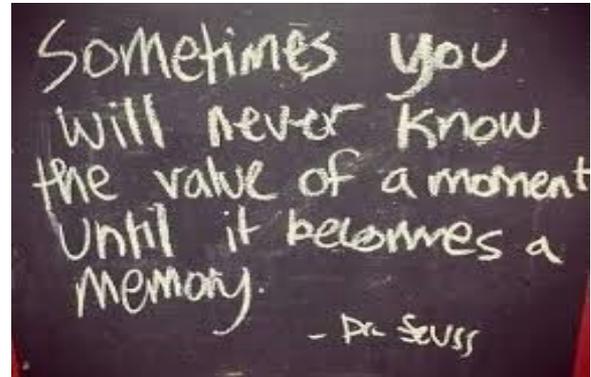
On March 3, 2017 I had the pleasure of attending the U3A Batemans Bay 20<sup>th</sup> Birthday Lunch. The founding member Jeanette Urbanik was invited to a local U3A while on holiday in England. When she returned in April 1996 she approached U3A Milton Ulladulla about starting a U3A in Batemans Bay. On January 30, 1997 a public meeting was held in the Long Beach Rural Fire Station. 50 people signed as members and a committee was formed. Until June 30, 1998 U3A BB operated as a branch of U3A Milton Ulladulla when it became a separate incorporated entity. In recognition of this fact I was invited to attend their celebration.

Their first newsletter lists 15 classes. Today they offer some 75 activities each semester to about 600 members who travel from as far north as East Lynne and Durras to Moruya and Tuross in the south. Unlike U3A Milton Ulladulla who have the 'Harry Higgs room' their activities are held in numerous halls and community venues as well as the homes of members

This is a great success story but U3A Milton Ulladulla also has a history to tell. If U3A BB is 22 years old how old is our organization? Maybe we should be having a 25 or 30 year celebration. Unfortunately Harry and Marcia Higgs our founding members are no longer with us. If there are any members with the knowledge of our beginnings could they please contact me.

**John Hayes**

**President MUU3A**



**Any use of the U3A Harry Higgs Room outside times allocated to tutors MUST be approved by the U3A Committee.**

## A Record 10 New Courses 2017

- **Hatha Yoga** with Annette Craig
- **Baltic States** with Geoff Andrews
- **Biological Anthropology** with Chris Graham
- **The Nature of Matter** with Julian Sharrad
- **The History of the English Language** with Enid Everingham
- **Beginning Japanese** with Takako Holstegge
- **Churchill** with John Hayes
- **Exploring Marine Life** with Helen Moody
- **The Metropolitan Museum of Art** with Ann Troup
- **A Frolic through the Law and Literature** with Carmen Champion

**U3A Tea'n'Talk, 25<sup>th</sup> March, 2017**  
**Bill Barker from the Moruya Marine**  
**Group**

**Presented Marine Life on the**  
**Eurobodalla and Local Coast**

Bill Barker began scuba diving and underwater photography when he made a sea change to the South Coast of New South Wales from Canberra over twenty years ago. For over ten years he has been a member of the Eurobodalla-based Nature Coast Marine Group, which promotes marine activities, education, research and advocacy for conservation of the marine environment. He has been involved in a research program called Reef Life Survey, in the South Coast region and in other parts of Australia. He is a member of the Batemans Marine Life Park Advisory Committee. He enjoys explaining and illustrating the marine world to those who may not have experienced it at first hand.

Sixty-three enthusiastic U3A members attended **Tea'n'Talk presented by Bill Barker** and were fascinated by the information about local marine life and the manner in which it was presented. Bill began by describing, with maps as illustrations, the currents that approach Australia's northern coasts from the east Pacific Ocean and then break up to travel down the east coast from the north, and across the north of Australia and down the west coast, bringing warm water and sometimes tropical fish to the region. He showed photographs of fish regularly found in the local area. Then the audience was enthralled by a range of short (2 min. or less) underwater videos that Bill, himself, had shot displaying the amazing creatures living in our areas. Octopus changed shape before our eyes, cuttlefish fought with flailing and rippling flanks, a tiny blue nudibranch swam with undulating movements and Bill, himself, swam among a school of grey nurse sharks, untouched and unhindered. These were the sharks that were thought to have caused attacks on humans during the 1950s and 1960s and were hunted to extinction around the Sydney area. Grey nurse sharks do not attack humans. It is now known, said Bill, that only a few species of sharks attack humans, great white sharks, bull sharks and bronze whalers among them. Bill presented to us the sight of an urchin barren, which is a rock inhabited only by sea urchin after corals have died due to pollution, boat anchors ripping through the reef, storms and other human marine activities.

The South Coast of new South Wales is rich in marine life. From iconic whales, sharks and seals to numerous kinds of fish, many of which are found only on the east coast of Australia, to a wide range of

invertebrate species that cover rocky reefs, there is a wealth of marine life which is often not well understood. At the same time, the marine environment is under threat from over-exploitation and climate change. Awareness leads to understanding, which will underpin efforts to protect these waters and the creatures that inhabit them.

U3A members also enjoyed afternoon tea and a chat with other members and visiting friends.

The next U3A Tea'n'Talk will be held at the Alley Gallery in the Dunn Lewis Centre at 3:00 p.m. on Saturday, 3<sup>rd</sup> June, 2017. Carmen Champion, lawyer, will speak about, "Your will - and what you never dreamed could happen to it after you're gone." I think we'll all be interested in that one!

See you there. Bring a friend.



Bill Barker showed video of marine life such as the cuttlefish. The South Coast is rich with varieties

of marine life.

**TERM DATES 2017**

<b>Term 2</b>	<b>26 April [Wed]</b>	<b>30 June [9 weeks]</b>
<b>Term 3</b>	<b>18 July [Tue]</b>	<b>22 September</b>
	<b>[9.5 weeks]</b>	
<b>Term 4</b>	<b>09 October</b>	<b>15 December [10 weeks]</b>

**U3A Tea'n'Talk Term 2 2017**

***Carmen Champion, lawyer,***

***Presents***

***Your Will...***

***And things you never dreamed***  
***Could happen to it after you're gone!***

***At 3:00 p.m. To 5:00 p.m.***

***On Saturday, 3rd June, 2017***

***In the Alley Gallery***

***At the Dunn Lewis Centre***

***Afternoon tea will be served***

***Bring a friend. Gold coin donation***

***The USA Committee and members would like to thank every USA member who volunteers to share a little of his or her expertise, knowledge or interests with other USA members by becoming a Tutor for USA.***

***Tutors give an inestimable gift to USA and its members by presenting an array of courses that enrich our lives, extend our knowledge and entertain us.***

***Thank you, Tutors, for your amazing effort and interest.***

## THE 2017 TERM 2 PROGRAMME

### NEW COURSES

**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 since its form is gentle and traditional, 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 Burrill Lake Hall [where the course is being held] has hard timber flooring

**The Baltic States Geoff Andrews  
4454 3580**

The term "The Baltic States" is generally given to the three states of Latvia, Lithuania and Estonia. However, the other states which impinge on the Baltic have had an interesting and turbulent history since settlement occurred following the retreat of the Pleistocene ice sheets. Recently, Russia, which has long had a major interest in the area, appears to be showing more aggressive tendencies regarding these - its former - territories (as already seen in the Balkans). Further, with Trump's USA foreign policy 'initiatives' regarding NATO, all the countries in the region are feeling jumpy. In this course, Geoff will look at the early settlement

and development of these Baltic States, and the evolution of Latvia, Lithuania and Estonia in particular. The course will thus cover the geology, geography, history and politics of this region ... doubtless with many side tracks!

**Biological Anthropology Chris Graham  
4454 3025**

As a natural follow on from 'The history of Life on Earth', Chris is presenting "Biological Anthropology - an Evolutionary Perspective" taken from a Great Course DVD. Biological Anthropology is a discipline which explores the forces of biology, achievement and culture that shaped human prehistory from some 65 million years ago to the emergence of the hominids some 7 million years ago, and continues to shape humanity today

**The Nature of Matter Julian Sharrad  
4454 3651**

This course, one of The Great Courses DVDs, looks at the stuff of the world from a chemistry viewpoint. Julian will guide participants through the structure of atoms, molecules and elements, and how they explain the strange nature of water, and carbon in its various forms ... plus how they form materials for body implants, polymers, superconductors and semiconductors. The course will also examine the make-up of food and drink, fuels, explosives, polymers, composites and materials of the future; it will also explore the problem of recycling

**The History of the English Language  
Enid Everingham 4454 2430**

How did Old English evolve into the elegant idiom of Chaucer, Shakespeare, Twain and other great writers?

## USA AGM 2017

Will be held on

**Wednesday, 5th July 2017,**

**From 2:00 p.m. To 4:00 p.m.**

**In the Alley Gallery**

**At the Dunn Lewis Centre.**

**All Committee positions will be vacant.**

**Nominations welcome.**

**Afternoon tea will be served.**

**Come and join us.**

Taken from a Great Course DVD running over two terms, Enid will mentor the remarkable history of English from the Middle Ages to the modern day. Experience the thoughts, literature, culture and politics of a defining civilisation through its most precious legacy: its words

**Beginning Japanese** **Takako Holstegge**  
**4454 4865**

Takako has recently joined our U3A, and has offered to introduce beginners to speaking, reading and writing the Japanese language. Whilst emphasising the structure of the language, her lessons can be orientated to potential travellers to Japan ... that is, basically how to read signs and to approach people for help. Takako can also explain cultural differences between occidental and oriental, such as food, clothing, and other matters - and if participants are keen, she can develop the course to look at craft activities such as origami and calligraphy

**Churchill** **John Hayes**  
**4455 1260**

Taken from a Great Course DVD, John will chart the life of Winston Churchill - a man who had a profound impact on the 20<sup>th</sup> century. His leadership, thoughts and influence encompassed a large swathe of modern times and he is regarded as a figure who changed history for the better. Following this course, John will conduct another on Hitler [again taken from a DVD], whose emergence and establishment of a terrible regime directly and detrimentally affected the lives of millions. Most of us have lived in the shadow of the clash of these 2 men, and attending these lectures will give perspective to the period when they came to power. Later, John is considering conducting a DVD course encompassing the events of the second world war

**Exploring Marine Life** **Helen Moody**  
**helenmd12@gmail.com** **4454 2920**

Using 500+ photos and 50 videos this easy course explores the incredible diversity of marine plants and animals, their behaviour, interaction and challenges. This is a course for people that are interested in marine conservation, snorkel or just love the ocean, beach and rock pools. Wonderful photography and some basic scientific learning will help you to recognise and to identify some of our unique marine creatures and to understand their habitats and the way they live, and the inevitable human impact. Aspects covered will range from whales, seals and sharks, reef fishes and invertebrates, seagrasses, rock platforms, the intertidal zone, to marine conservation.

Helen will facilitate this Internet based course; she is also planning a field trip to examine rock pools, and maybe another - depending on participants' interests. The course will run from 10am-12pm on Friday mornings at Helen's house - 1 Martin Avenue, Ulladulla (off Pitman

Avenue) in South Ulladulla. Numbers are limited, so please register your interest to Helen - preferably by email - before the course starts; please do not just turn up on the day. Members will need to pay \$10 for this course, whether it is their first or subsequent course for this year

**The Metropolitan Museum of Art** **Ann Troup**  
**4454 4741**

Following on from Ann's presenting other Great Course DVDs on the world of great art, she now will embark upon taking participants through those masterpieces contained in the 'Metro' in New York

### **A Frolic through the Law and Literature**

**Carmen Champion** [carmenchampion18@gmail.com](mailto:carmenchampion18@gmail.com)

**0413 489 537**

Carmen will use her knowledge and experience as a Barrister to expose you to issues and aspects of the Law which you may not previously have considered. As well as discussing law, she will relate it to writings and incidents which provoked it. Her topics will be:

- The legal process demystified: what is it really about?
- Is Sharia law and Hallal food around the corner?
- Same sex marriage: the icing on the cake?
- The Risk Factors of being a member of the Management Committee of a not-for-profit organisation.
- Consumer protection: There is more to it than what appears on the warranty card!
- Franchising: not for the faint hearted.
- The door has been definitely opened for claims on your estate by your former spouse!

This course promises to be lively and interesting, and a welcome addition to our syllabus

### **RETURNING COURSES**

#### **The World's Greatest Geological Wonders**

**Phil Smart** **4455 5616**

Visit, under Phil's guidance, the most amazing natural wonders of the geological world via this awe-inspiring DVD course from the 'Great Course' series, which not only displays the Earth's great diversity and beauty but also explains how each site was created. As well as using the DVD, Phil will bring his own extensive knowledge of geology to the course. This is the second and final part of Phil's course

**Writing your Memoires** **Anna Flynn**  
**4455 3279**

Anna will again show you how to capture and to retain

those magical family memories and moments for subsequent recall and enjoyment in a way that - hopefully - the next generation will not only appreciate, but also be motivated to continue building a family testament. Maximum of 8 people

### **CONTINUING COURSES**

**Singing for Pleasure** Elisabeth Andrews  
4454 3580

Singing for Pleasure, under Elisabeth's guidance, is now starting its twelfth year, and has a band of reliable singers who would welcome and help newcomers. The group aims to sing in three or four parts, 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, to enjoy the process, and to demonstrate what you can do. So, give it a try!

Term starts 6 February

**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. Please note, this course has moved to the Dunn-Lewis Centre

**Line Dancing** Helen Reeson  
4455 2805

Helen invites members to join her Line Dancing classes on Monday or Friday, or both. 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 cha-chas. You don't need a partner, and steps can be modified to suit individual needs or restrictions. Sessions 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 enjoy a cuppa afterwards

**Cryptic Crosswords [Intermediate]**

**John Dallimore** 4454 1453

John's class is aimed at those who are grappling with the cryptic mindset, and still need a bit of guidance. As well having participants work on puzzles, he looks at solutions to other offerings, and dissects the clues to reveal the answers

**Mah Jong** Bill Lampard  
4455 7740

Bill's course is for both beginners and those who would like to brush-up their skills; this term it is a continuation from term 1 and he is unable to take any students over this period

**Bonsai for Beginners** Russell Baker  
4454 1602

Join Russell at his home at 32 Leigh Crescent in Ulladulla on Tuesdays at 1000 and explore the gentle art of Bonsai. He will run a hands-on workshop where participants will learn how to create a Bonsai, to care and to feed it, and to identify the different styles. During the course they will get practical experience in shaping, wiring, and re-potting techniques, plus pot selection ... but - more importantly - they will see how easy it is to start their own bonsai collection, as well to care for a living hobby. Maximum of 8 people

**Film Appreciation** Ted Gordon  
4455 2313

Join Ted to watch classic films ... this term including Bridge of Spies, Being There, Good Will Hunting, and Mr Smith goes to Washington. In general, Ted has a full complement, but check with him in case vacancies have arisen

**Creative Textiles** Beryl Wade  
4455 4185

Beryl's group works in various textiles, creating items which exploit the characteristics of each to maximise effect. Join her at her home ... so there is a maximum of 8

**Making Mosaics** Colleen Ringe  
04 1608 1011

If you are a newcomer to this 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 ...

**Italian Conversation** Judy Johnston  
4455 3028

Judy is now co-ordinating our long-running Italian class, which concentrates more on conversation than practise. However, Judy would be pleased to take on newcomers who have a smattering of the language; phone her if you think you may be able to cope, and determine if you can be accommodated



**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

**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

**French - Intermediate** **Pauline McAdam**  
**4454 4120**

Pauline's sessions have been running for a few terms now; she is offering a post-beginners' course which looks at grammatical aspects of the language, and concentrates on speaking, reading and writing

**The Western Intellectual Tradition**  
**Roy Liegel** **04 8828 4457**

Roy's course is now held in the Community Resources Centre [next to Coles] on Thursdays between 10 and midday; he is mentoring the course from literature and 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. 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** **David Roberts**  
**4455 7104**

David 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

**Sculpture with Hebel** **Jan Huon - 04 0823 4992**  
**Ranee Hanlon - 04 9968 5116**

Come along and discover the world of Hebel sculpture with Jan and Ranee. Hebel is a soft stone-like substance that is easily manipulated, and is suitable for

indoor and outdoor sculptures. As well as being introduced to the way to craft the material, you will learn the many choices of finishing techniques available to make your project unique. Basic safety clothing is required - ie, covered shoes and a face mask. To get started, contact Jan or Ranee to be told the tools you need to bring along; you will also need to purchase a block of Hebel from Bunnings [timber section; \$7.50]

**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 particularly tricky brain teasers

**The Science of Mindfulness** **Robin Wingrove**  
**4455 4151**

For thousands of years, people have practiced mindfulness to deal with a wide range of life's challenges. But what is 'mindfulness' in scientific terms? Join Robin as he guides you through the final part of this Great Course DVD explaining how practising mindfulness techniques can radically transform one's approach to life by joining ancient wisdom practices with scientific methodology to forge new possibilities for living

**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 poetry and modern fiction

**M-U U3A Book Club #1** **Liz Shinton**  
**4454 5584**

Liz's club meets on the first Thursday of the month at one o'clock in the ex-Servo's Club. The Club is not full, and so Liz would welcome newcomers

**M-U U3A Book Club #2** **Beverley Webster**  
**4454 2062**

Beverley's Club meets every alternate Friday at ten o'clock in the Ulladulla Bowling Club, starting 28 April. Unfortunately, this club is fully subscribed ... however, you could consider Book Clubs 1 or 3]

**M-U U3A Book Club #3** **Carmen Champion**  
**carmenchampion18@gmail.com** **0413 489 537**

Carmen's club meets on the third Friday of the month at one o'clock in the Harry Higgs Room, and there is room for more participants. Carmen would prefer e-mail contact

**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. offerinbasic tuition before the group assembles for practice

**AFFILIATED COURSES**

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

**Jeudis de la Presse** Christine Pearce  
0468 954 487

Christine is once again offering to guide a French conversation course concentrating on current affairs - in particular those affecting France; take this opportunity to think and to talk on contemporary subjects in a second language. There is no fee for this course. Participants meet at the Lakeside Café in Burrill Lake at 11:00 to enjoy coffee, cake and chat - très Français

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

The Milton and District Concert Band conducted by Vern 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; in particular, clarinet players are eagerly sought. Beginners can 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 protocols [procedures and equipment], 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



**John Hepburn is Milton Ulladulla U3A's Social Secretary. He books venues, organises the food and drinks and makes sure everyone has a good time. Thanks, John.**

**MILTON ULLADULLA U3A COMMITTEE**

<b>President</b>	John Hayes jroo72hayes@gmail.com	4455 1260
<b>Vice President</b>	Carmen Champion carmenchampion18@gmail.com	0413 489 537
<b>Secretary email</b>	Colin Cornwell colinc.u3a@bigpond.com	4455 3814
<b>Secretary Correspondence/Minutes</b>		
	Elizabeth (Libby) Rooney libby.ru3a@gmail.com	0415 720 994
<b>Newsletter Editor/</b>	Enid Everingham enidever@bigpond.com	4454 2430
<b>Webmaster/Facebook</b>	Robin Wingrove robinwin@tpg.com.au	4455 4151 0405 093 464
<b>Treasurer/Membership Officer</b>	Ross Wade ross@wade2.net.au	4455 4185
<b>Courses' Co-ordinator</b>	Chris Graham chrisnjoan@hotmail.net.au	4454 3025
<b>Publicity Officer</b>	Sue Hancock	0412 641 166
<b>Social Secretary</b>	John Hepburn hepburnjp@gmail.com	4455 4267
<b>Properties Officer</b>	Vince Rowe vandrowe@southernphone.com.au	4455 7746 0417 040 325
<b>CONTACTS</b>		
<b>Email</b>	colinc.u3a@bigpond.com	
<b>Mail address</b>	Milton-Ulladulla U3A Inc. PO Box 530 Ulladulla NSW 2539	
<b>Website</b>	www.miltonulladullau3a.org.au	

