

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

Term 3 Newsletter

July 2018

Volume 21 Issue 3

TERM DATES 2018/9

Term 3	Monday 23 July	to	Friday 28 September [10 weeks]
Term 4	Monday 15 October	to	Wednesday 19 December [10 weeks]
Term 1	Monday 28 January	to	Friday 12 April [11 weeks]
Term 2	Monday 29 April	to	Friday 05 July [10 weeks]
Term 3	Monday 22 July	to	Friday 27 September [10 weeks]
Term 4	Monday 14 October	to	Friday 20 December [10 weeks]

New Courses this Term

We have seven new courses this term ...

<u>Square and Circle Dancing - take the first steps</u>	<u>Margo Lester</u>	<u>4455 1652</u>
<u>Cryptic Crosswords for Beginners</u>	<u>Steve Jones</u>	<u>4455 6214</u>
<u>Experiencing Medieval Europe</u>	<u>Ted Gordon</u>	<u>4455 2313</u>
<u>Radioastronomy</u>	<u>Chris Graham</u>	<u>4454 3025</u>
<u>Mysteries of the Microscopic World</u>	<u>John Panneman</u>	<u>4408 9015</u>
<u>Our Local Bushland: What is it? Where is it?</u>	<u>Rob Attwood</u>	<u>04 0410 0774</u>
<u>Mind-Body Philosophy</u>	<u>Ary van der Lely</u>	<u>04 0983 4678</u>

PRESIDENT'S MESSAGE

The President and Committee 2018/19 of U3A Milton Ulladulla are delighted to announce that the new Constitution on which the operation of the U3A organisation will be based was voted on and accepted at a meeting held in the Dunn Lewis Centre, Ulladulla, on 10th July, 2018. The President and Committee would like to thank the interested members who attended the meeting and who sent voting proxies. When The Department of Fair Trading has received and approved our new constitution, we will be operating under those rules. Again, we must thank Carmen Champion for her work on creating the document and her guidance through the process of the development and acceptance of the constitution.

Last term we enjoyed a full program of activities and courses which have enriched our collective retirements and for that we thank the Tutors and the tireless Courses Co-Ordinator, Chris Graham.

The U3A Committee has two new members, Newsletter Editor, Gillian Pisani, and Vice President, Steve Prothero. Both these members add expertise from their working lives and study that will be invaluable to the U3A Committee. Gillian has volunteered to negotiate with the Shoalhaven City Council regarding costs that U3A, an organisation which serves retired people, have been paying over the past years. Steve is the chairperson of the U3A sub-committee for the development of the Code of Conduct.

John Hepburn, the Social Activities Co-Ordinator, is now the chairperson of the sub-committee for the organisation of the U3A Milton Ulladulla 30th Anniversary celebration. This will take place during Seniors Week 2019. The tentative date has been set as 17th February, 2018, earlier than before, and the U3A Sub-Committee suggests that a Garden Party would be an appropriate celebration. Keep tuned for further information regarding this joyful event.

Keep this date in your diary as well. U3A Tea'n'Talk will be held on 22nd September, 2018, at 3:00 p.m. in the Alley Gallery at the Dunn Lewis Centre. Ron Willard will speak about his experiences travelling in China. Those members who attended Chris Graham's Imperial China course in term 2 will be interested in this talk.

Enjoy the new term.

Enid Everingham (President U3A Milton Ulladulla)

THE 2018 TERM 3 PROGRAMME

NEW COURSES

We have seven new courses this term ...

Square and Circle Dancing - take the first steps Margo Lester 4455 1652

Margo is returning to our tutor cadre by offering a beginner's course in Square and Circle Dancing - though she would more than welcome experienced participants joining the group. So, if you have ever contemplated giving the ol' hoe-down a try - now's the opportunity ... contact Margo. Singles welcomed

Cryptic Crosswords for Beginners Steve Jones 4455 6214

We have had two cryptic crossword courses running for some time now; participants have progressed beyond beginning, and the courses are no longer suitable for starters. Steve has stepped up to run a course allowing those who have a hankering to exercise their grey matter in a completely new way to experience the fun of the cryptic crossword [spoiler: Can pen stir jug? (9)]

Experiencing Medieval Europe Ted Gordon 4455 2313

Ted hosts this Great Course DVD lecture presented by an expert in medieval Europe. Participate in these sessions, and be taken through European cities which still retain their medieval sections. The presenter visits Rothenberg, Medina, Palermo, York, Avignon, Carcassonne, Barcelona, Dubrovnik, Krakow, Prague, Bruges and Sienna. He devotes a lecture to each city, with film of buildings, art and much, much more. Visit and learn about them from the comfort of your chair!

Radioastronomy Chris Graham 4454 3025

Mankind has observed the heavens and rationalised about their nature from the dawn of time; however, there is much more to the Universe than can be seen by the naked eye. With the advent of (radio)telescopes which can detect signals in the infra-red, ultra violet and X- and Gamma-Ray bands situated on either side of the visible spectrum, an unimaginable richness of data becomes available which allows us to speculate more definitively about what is going on out there. Based on technologies developed in the mid-40s, scientists built radio telescopes, pointed them at the sky and discovered phenomena beyond imagination. Join with Chris as he plays this Great Course DVD concentrating on the wonders displayed by the unseen heavens, and the deductions that are being made from the information received which are leading us to understand more fully the magnificence of the Universe in which we live

Mysteries of the Microscopic World John Panneman 4408 9015

This Great Course DVD will take you on a guided tour through an invisible realm - a hidden world as close as your fingertips yet as unfamiliar to you as the bottom of the sea. Our lives are shaped and nurtured, and sometimes threatened, by this world and its inhabitants: countless millions of organisms ... creatures as alien to us as we are to a flea. Given by a noted Biologist, John presents this course in which we follow the long history of our co-evolution

with our microbial friends and foes, starting with our descent from the trees, continuing with our movement from a nomadic to a settled existence - thence resulting in our susceptibility to crowd diseases and great epidemics. The course reviews early ideas about disease, and traces the rise of germ theory and the growing realisation that disease is caused by micro-organisms

Our Local Bushland: What is it? Where is it? Rob Attwood 04 0410 0774

Rob is changing the emphasis of his course this term from weekly gardening discussions to fortnightly forays into the local bushland to enjoy the spring wildflowers and admire the broader range of local flora. Rob's first session will be in the Harry Higgs Room on 8 August to arrange the subsequent forays - the first of which will take place a fortnight later; in the event of wet weather, sessions will return to the HH room

Mind-Body Philosophy Ary van der Lely 04 0983 4678

Many people have heard the term "mind-body philosophy" used to describe the relationship between physical wellness and mental wellbeing; but it is so much more. It's a philosophical inquiry that has engaged great minds for centuries, going far beyond the simple idea of a physical mind-body connection, and seeks answers for some of the most complex questions of human existence. As examples: Is the mind separate from the body? How does it interact with it? How does consciousness exist? What about altered states of consciousness? Is the brain just a glorified computer? What about free will? Not all questions have answers, but insight into these matters has improved hugely. Join with Ari as he presents this Great Course DVD on the workings of the mind; you won't be disappointed!

RETURNING COURSES

Singing for Pleasure Elisabeth Andrews 4454 3580

Singing for Pleasure, under Elisabeth's guidance, is now starting its thirteenth year; it 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. Whilst achieving a standard is satisfying, everybody finds that it is good to have a performance to work for; this is not a frightening experience, and is good fun. The aim of the course is to give pleasure, to enjoy the process, and to demonstrate to yourself and others what you can do. So, give it a try!

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.

Writing your Memoires Anna Flynn 4408 9202

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

Easy Line Dancing Helen Reeson 4455 2805

Helen invites members to join her Easy [Beginners] 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 is 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; perhaps even stay on for Helen's more advanced class which follows? Courses start week beginning 13 August

CONTINUING COURSES

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 as having participants work on puzzles, he looks at solutions to other offerings, and dissects the clues to reveal the answers

Sacred Texts of the World Ann Troup 4454 4741

Throughout history, religious expression has been an inherent human activity, deeply influencing the development of cultures and civilizations. Today, even after centuries of scientific empiricism, the world's major religions are as active as ever, continuing to speak profoundly to their believers' self-conception and ways of living. With few exceptions, humanity's religions are grounded in their sacred texts—foundational writings that crystallize the principles and vision of the faiths, forming the basis of belief and action. These are texts that people around the world live by and, at times, are willing to die for. For the first three weeks of this term, Ann is completing her journey through these writings using material from a Great Course DVD

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

The M-U 20th Century Poetry Club Jenny Strachan strachan.jenny@gmail.com 04 5109 8408

Using the anthology *The 20th Century in Poetry* [containing over 400 poems] by Michael Hulse, the group will select poems to read and to discuss, looking at each poem within its historical context as well as the century's overall poetic development. Jenny's intent is that her fortnightly lunchtime course would run as a book club, for which each member of the group needs to purchase the anthology (it costs \$35) and then select poems from it for group discussion. Starting on 24 July, there will be a maximum of 10 on this course. Jenny prefers e-mail contact

Film Appreciation Ted Gordon 4455 2313

Join Ted to watch classic films; this term includes *Seven Days in May*, *The Great Waltz*, *Seven Year Itch*, and *Suffragette*. Usually, Ted has a full complement, but check with him in case vacancies have arisen

Making Mosaics Colleen Ringe 04 1608 1011

Mosaic patterns can be applied to many shapes, surfaces and structures. 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 co-ordinates our long-running Italian class, which concentrates more on practice 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 hence are able to 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 now being held at the Kioloa/Bawley Point Sport and Tennis Recreation Club, Murramarang Road, Kioloa [just down the road from the Bawley Fire Shed]
- 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 - Continuing Judith Pearce jude.pearce@bigpond.com 4454 4477
 Judith is offering a post-beginners' course which builds further on the foundations of the language and looks in greater detail at the grammatical aspects of the language, and on speaking, reading and writing. If you are new to our French courses, e-mail Judith to discuss your proficiency and register for her course
- Introduction to the Harmonica [continuing] Lyn Willett lynpenquin3@gmail.com 04 1220 2375
 Learn to play your favourite tunes on this versatile, inexpensive, pocket-sized instrument. Good for your mood, lungs and brain! Prior knowledge of music is helpful, but not essential. Equipment needed is a 10 hole diatonic harmonica in the key of C - costing about \$20. Interested members should contact Lyn [e-mail preferred] for more information about the course and buying an instrument - but they can also visit the campus website [<http://www.miltonulladullau3a.org.au/courseSchedule.php>] to get it. Lyn cannot accommodate newcomers this term since she is continuing her tuition from term 1; she will start another beginners' class from first term next year, so contact her if you are interested in joining her then
- 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 selected 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 Mary Whelan 4454 5260
 Mary is ready to focus the minds (and hearts) of those who attend this 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 well into them, but would like pointers on how to tackle them more competently, and collectively enjoy solving particularly tricky brain teasers
- German - Continuing Brigitte Nairn brigitte.nairn@inet.net.au 04 1339 3756
 Join Brigitte's friendly group to expand your German, practice talking about everyday life, and discover the German speaking world
- Deutsch - Lesen, Hören, Sprechen Brigitte Nairn brigitte.nairn@inet.net.au 04 1339 3756
 Meet fortnightly [starting 26 July] to talk German in a supportive environment. Brigitte's advanced group will meet in her home to read short stories, to use audio and visual media, to discuss current events, and to delve into the culture and history of the German speaking world; minimum of 6 participants

French - Beginners Noelene Hunt and Roger Parrish 04 1829 1381
Noelene and Roger are adding to our clutch of French courses with a much-needed beginners' course. Join them in the knowledge that as you improve there are more advanced courses available to you as you progress with this eloquent language

French - Literature and Conversation Val Barnes 4455 5796
Val welcomes fluent French-speakers to join her between 10 and 11:30 on Friday mornings at her home [55 South Pacific Crescent, Ulladulla] to discuss, in French, French poetry and modern fiction. Starts 3 August

Be the most Rational Person in any room Carmen Champion carmenchampion18@gmail.com 04 1348 9537
Thinking is at the heart of our everyday lives, yet our thinking can go awry in any number of ways. Bad arguments, fallacious reasoning, misleading language, and built-in cognitive biases are all traps that keep us from rational decision making—to say nothing of advertisers and politicians who want to convince us with half-truths and empty rhetoric. What can we do to avoid these traps and think better? Is it possible to think faster, more efficiently, and more systematically? Taken from a Great Course DVD and presented by Carmen, this applied philosophy course is taught by Professor Patrick Grim of the State University of New York; it arms you against the perils of bad thinking and supplies you with an arsenal of strategies to help you be more creative, logical, inventive, realistic, and rational in all aspects of your daily life, from the office to the voting booth. Course is on every Friday except the third. Carmen prefers e-mail contact

M-U U3A Book Club #3 Carmen Champion carmenchampion18@gmail.com 04 1348 9537
Carmen's club meets on the third Friday of the month at one o'clock in the Harry Higgs Room; again, this club is full - but check with Carmen in case a vacancy has arisen. Carmen prefers 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 - including his offering basic 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

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 for details of excursions and protocols [procedures and equipment], and other activities

Mah Jong Jennifer Millen 4454 5452
Jennifer's Saturday afternoon group meets in the Harry Higgs Room. You should have a good grasp of the game ... so if you play at a reasonable standard, Jennifer would be delighted to welcome you

TEA AND TALK

On Saturday, 22nd September, 2018

At 3:00 p.m.

In the Alley Gallery

At the Dunn Lewis Centre

Ron Willard

Will speak on

His experiences travelling the world

Including China.

Afternoon Tea will be served

Bring a friend

Gold coin donation gratefully accepted to defray costs.

Ideas for presentations in the 'Tea and Talk' series are always sought; talk to Enid Everingham, or e-mail her at enidever@bigpond.com if you have any suggestions ... they will be appreciated.

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.

POTENTIAL COURSES - TERM 4 AND BEYOND [IE, TREATS IN STORE]

If all goes to plan, as well as our usual fare, we may 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.

- The Renaissance with Geoff Andrews [4454 3580]
- Sculpting with Hebel with Rane Hanlen [04 4968 5116]
- Japanese with Takako Holstegge [4454 4865]
- World Textiles with Judy Richmond [04 1474 6537] [term 1]
- Secret Life of Words with Enid Everingham [4454 2430] [term 1]
- Mah-Jong with Bill Lampard [4455 7740] [term 1]

FOOD FOR THOUGHT ...

Wouldn't it be nice to have even more fresh subjects to tickle our community's fancy and to enrich 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? Chris Graham (4454 3025; chrisnjoan@hotmail.net.au) would be delighted to hear from you if you feel you could lead a group. As food-for-thought, is there a China Painting practitioner or Bookbinder in our community?

Could you run a Scrabble or Eucre 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!**

Tutors are U3A's lifeblood ... so, all you closet experts/enthusiasts - remember your U3A needs you!

M-U CAMPUS COMMITTEE

President	Enid Everingham	0428542430	enidever@bigpond.com
Vice President	Steven Prothero	0488240103	protheros@me.com
Secretary	Alister Nairn	0431764903	alisternairn@yahoo.com
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Courses' Co-ordinator	Chris Graham	4454 3025	chrisjoan@hotmail.net.au

CONTACTS

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Ulladulla NSW 2539

Web address www.miltonulladullau3a.org.au

Committee members are contactable through the website via 'blind' e-mail addresses

VENUES

The Campus Lecture room is The Harry Higgs Room in the Milton Cultural Centre [next to the Milton Library].

Lectures are also held at other venues throughout the area; the term newsletter and timetable contain the detail.

SUBSCRIPTIONS AND FEES

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

Fees per term are: \$10 for the first course, and \$5 for the second; the third course is free

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

Your Membership Badge for 2018 signifies you are a current financial member.

Please wear your membership badge to classes and functions; it so does help identify you to those around you.

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 decomposables please empty it in the council bins outside the room.

PUBLICITY

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

DVD FILMS MISSING FROM OUR LIBRARY

A recent check of our DVD Film Library has shown that some have been missing for some time. Members are asked to check their collections to ensure that M-U campus property has not been inadvertently retained. Could any film found please be returned as soon as possible so that it may be enjoyed by other members.

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 general information, and in no way constitute professional advice on which participants should 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 a participant participating in a course or activity. People enrolling or taking part in a M-U U3A course or activity 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.

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, held on Sundays in St Martin's Church Hall at 2pm. Keep your eyes peeled around the area for information about its events. The next concert is on Sunday 29 July with the NSW Police Wind Ensemble, featuring musicians playing flute, clarinet, oboe, horn, and bassoon.

WYNLEN HOUSE, BRAIDWOOD

The proprietors of Wynlen House have sent us details of gardening courses they offer on-site and on-line at a reasonable cost. Members interested in learning opportunities covering a range of activities in horticulture and small and urban farming might like to contact the farm at www.wynlenhouse.com

AdultEd COMMUNITY COLLEGE, ULLADULLA PLAZA

Many of our members have enquired about computer courses. The local AdultEd Community College, located in Ulladulla Plaza [Suite 33], is offering Computer courses at a special price of \$50 a head for 24 hours' tutelage to classes of between 6 and 10 people. Subjects covered will be basic computer applications and on-line safety. Express your interest to Julie Griffiths at the College on 4455 7008. For a full list of courses, you can pop into the College for a brochure or visit the College's website at www.southcoastcolleges.edu.au