



### *President's Message*

Another term of fascinating courses in the U3A program has ended and the new program is about to begin. U3A members and interested citizens can find the timetable on the Milton Ulladulla U3A website and full descriptions of the courses to be presented in the Newsletter, also on the website. When you have chosen your course, ring the Tutor to ensure your place

During Term 4, the President and U3A Committee will invite all U3A Tutors and their guests to the Tutors' Party. This event is held towards the end of November to thank the Tutors for their time and energy in preparing and presenting their courses. Tutors, Committee Members and guests will be sent an invitation to this event in the next couple of weeks.

U3A Vice President, Steve Prothero, has completed the Code of Conduct for U3A and followed it up with a Grievance Procedure that can be referred to and used, if necessary. The Code of Conduct and Grievance Procedure will be considered and adopted by motion of the U3A Committee at the October U3A Committee Meeting. I would personally and on behalf of the U3A Committee, like to thank Steve for the time and effort he has put into this protective procedure will ensure that U3A members can deal with problems in a respectful and thoughtful way.

U3A Secretary, Alister Nairn, has also put time and effort into devising a system of payment of U3A fees that will cover costs and lessen time given to administration of funds. The U3A Committee hopes that this new system will be put into effect on the Enrolment Day 2019. More information regarding the new fee structure will be sent to members by email and in the next U3A Newsletter.

Alister has also introduced a new system of filing U3A documents using Dropbox. The system is easily accessible to U3A Committee members and therefore very useful. Thank you, Alister.

U3A Milton Ulladulla Campus Inc. will celebrate the 30<sup>th</sup> Anniversary of its first meeting in 2019. The Committee has decided to celebrate by holding a Garden Party at Ryans Park, Milton from 3:00 p.m. on Sunday, 17<sup>th</sup> February, 2019. It is anticipated that members, family and friends will take part by dressing elegantly in costumes from their favourite era in world history. It is anticipated that there will be Greek and Roman costumes, Belle Epoque, Glam and Punk Rock costumes, World War II fashions and 1950s bobby-soxers. Perhaps Marie

Perhaps Marie Antionette and Louis XVI will turn up. There will be a best dressed competition, so give your apparel some thought between now and then.

I hope all U3A members take advantage of the wonderful program of courses for the enrichment of their lives in retirement.

Enjoy Term 4,

Enid Everingham (U3A President)

### **NEW COURSES**

We have five new courses this term ...

Geoff Andrews is planning to give two short courses this term – as shown below. He is not sure how long each will take ...but together they will fill the 10 weeks!

#### **The Great Tours Greece and Turkey**

*Tutor:* Ted Gordon 4455 2313

In The Great Tours: Greece and Turkey, from Athens to Istanbul, Professor John R. Hale of the University of Louisville is your guide to the fabulous civilizations of the Greeks, Romans, Byzantines and Ottomans, and to the natural wonders and idyllic landscapes that surround them. This is a land of gods and heroes; here great myths came to life and epic battles were fought, and the wondrous remains of ancient civilizations still call to you from across the centuries. Ted will mentor these 24 richly enjoyable lectures which are a journey unlike any other; they will give you the chance to experience these important sites and cultures through the eyes of an expert archaeologist and scholar, whose knowledge and insight goes far beyond any ordinary travel narrative.

#### **The Politics of Water**

*Tutor* Geoff Andrews 4454 3580

Ismail Serageldin, V-P of the World Bank 1995, said: 'If the wars of this century were fought over oil, the wars of the next century will be fought over water'. Initially a global approach will be taken ... focussing in on Australia

#### **The Congo Region of Africa**

*Tutor:* Geoff Andrews 4454 3580

This course will examine the history and evolution of the of the various countries in north-western Africa.

## Nuclear Physics Explained

*Tutor:* Chris Graham 4454 3025

Nuclear radiation is everywhere. At this moment, by-products of cosmic rays are raining down on you from the galaxy, neutrinos produced in the Sun are piercing your body by the trillions, and nuclear particles from everyday sources in rocks, air, food, and water are bombarding you from all directions. Yet despite this, “radiation” is a term that evokes worry and even panic. There are sources of radiation which foster concern, but understanding the physics of the atomic nucleus—an endlessly interesting structure that defines the universe we live in—allows us to assess this concern in its true perspective. Understanding the atom accounts for such diverse aspects as:

- ◇ Basic physics: The fundamental constituents of nature
- ◇ Cosmology: The birth and evolution of the universe
- ◇ Medical use: X-rays, CT scans, PET scans, MRI, cancer treatment
- ◇ Power generation: 20 percent of the electricity generated in the US; much more in France and Sweden.

Covering the science, history, hazards, applications, and latest advances in the field, this course is your guide to a subject which is presented at a level geared for non-scientists. Join Chris and be informed.

## English Poetry – An Eclectic Survey

*Tutor:* Allan Pride 0413 638 309

Allan’s course will use internet resources to undertake a sampling of works by English poets from the Anglo-Saxons to the Victorians, accommodating particular interests of participants along the way.

## RETURNING COURSES

### The Western Intellectual Tradition

*Tutor:* Roy Liegel 0488 284 457

Roy is mentoring this 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. Roy issues information about each session in advance, so that participants can be aware of what is coming and be prepared for the group exchange.

### Save the date

All U3A members, family and friends  
are invited to

### 30<sup>th</sup> Anniversary of U3A Garden Party

on

**Sunday 17 February 2019**

At

**Mick Ryan Park,**

Princes Highway Milton

3.30pm to 7pm

*Come and enjoy yourself*

## TERM DATES 2018

(Note for tutors: School term 4 finishes on Wednesday the 19<sup>th</sup> of December. You may use the Thursday and Friday if required and convenient).

Term	Start	End
1	Monday 28 January	Friday 12 April (11 weeks)
2	Monday 29 April	Friday 05 July (10 weeks)
3	Monday 22 July	Friday 27 September (10 weeks)
4	Monday 15 October	Friday 21 December (10 weeks)

## CONTINUING COURSES

### **Singing for Pleasure**

*Tutor:* Elisabeth Andrews 4454 3580

Singing for Pleasure, under Elisabeth's guidance, is now in 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**

*Tutor:* 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. Course will run from 15 October to 19 November

### **Easy Line Dancing**

*Tutor:* Helen Reeson 0402 089 422

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, rumbas, 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?

### **Cryptic Crosswords [Intermediate]**

*Tutor:* 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

### **Cryptic Crosswords for Beginners**

*Tutor:* Steve Jones 4455 6214

Steve's starters' cryptic crossword course complements our two well-established courses. So, those of you with a hankering to exercise their grey matter by learning how to solve the cryptic crossword, contact Steve whilst he is still in the early phase of his course

### **Square, Circle & Social Dancing - the first steps**

*Tutor:* Margo Lester 4455 1652

Margo is offering a beginner's course in Square, Circle and Social Dancing - though she would more than welcome experienced participants joining the group. So, if you have ever contemplated 'moving to the rhythm' - now's the opportunity ... contact Margo. Singles [and men] welcomed

### **Film Appreciation**

*Tutor:* Ted Gordon 4455 2313

Join Ted to watch classic films; this term includes Same Time, Next Year; Julie and Julia; The Petrified Forest, and The Birth of the Blues. Usually, Ted has a full complement, but check with him in case vacancies have arisen

### **Making Mosaics**

*Tutor:* Colleen Ringe 0416 081 011

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 ...

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## **Italian Conversation**

*Tutor:* 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. Course Starts on 14 November

## **Leadlighting**

*Tutor:* 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 at the Kioloa/Bawley Point Sport and Tennis Recreation Club, Murramarang Road, Kioloa

## **Shibashi**

*Tutor:* 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**

*Tutor:* Judith Pearce 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, contact Judith to discuss your proficiency and maybe register for her course

## **Introduction to the Harmonica [continuing]**

*Tutor:* Lyn Willett 0412 202 375

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. Lyn cannot accommodate newcomers this term since she is continuing her tuition from term 1, but she will start a new class from first term next year. Interested members should contact Lyn [e-mail preferred] for more information, or visit the campus website [<http://www.miltonulladullau3a.org.au/courseSchedule.php>]. Course Starts on 29 October.

## **Current Affairs**

*Tutor:* 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]**

*Tutor:* John Dallimore

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 the more tricky brain teasers.

## **German – Continuing**

*Tutor:* Brigitte Nairn 0413 393 756

Join Brigitte's friendly group to expand your German, practice talking about everyday life, and discover the German speaking world

## **French - Beginners**

*Tutors:* Noelene Hunt & Roger Parrish 0418291381

Noelene and Roger are adding to our clutch of French courses with their 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**

*Tutor:* 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

## **MU U3A Book Club**

*Tutor:* Carmen Champion 0413 489 537

Carmen's club meets on the third Friday of the month at one o'clock in the Harry Higgs Room. The club is full – but check with Carmen in case a vacancy has arisen; she prefers e-mail contact

## **Recorder Group**

*Tutor:* 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**

*Tutor:* 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. Beginners can be coached before full band practice starts at 1930. The band runs its own budget, so there is no course fee.

### **Birdwatching**

*Tutor:* 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**

*Tutor:* 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 will be delighted to welcome you..

## **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.

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## **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.

## **Thank you**

**On behalf of the Committee and all the U3A members we would like to express our heartfelt thanks to all the tutors who took courses in 2018. There would be no U3a without you so thank you again.**



## TEA AND TALK

### 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

### 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.

Ideas for presentations in the 'Tea and Talk' series are always sought; talk to Enid Everingham 0428542430, or e-mail her at [enidever@bigpond.com](mailto:enidever@bigpond.com) if you have any suggestions ... they will be appreciated.

### POTENTIAL COURSES - TERM 1 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.

- ◇ Sculpting with Hebel with Ranee Hanlen [04 4968 5116]
- ◇ World Textiles with Judy Richmond [04 1474 6537]
- ◇ Secret Life of Words with Enid Everingham [0428542430]
- ◇ Mah-Jong with Bill Lampard [4455 7740]
- ◇ Death, Dying and the After-life: Lessons from World Cultures with Carmen Champion [[carmenchampion18@gmail.com](mailto:carmenchampion18@gmail.com)]

### 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](mailto: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.

## ENROLMENT DAY

2019- 23 January 2019

**Members are advised that enrolment day for next year will be on Wednesday 23 January in the Harry Higgs Room from 10.00 until 15.00. The term 1 programme will have been issued... So come along, sign up for the year, perhaps meet up with some tutors, and have a chat and a snack with fellow campus members.**

### 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.

Web address [www.miltonulladullau3a.org.au](http://www.miltonulladullau3a.org.au)

Mail address Milton-Ulladulla Campus Inc  
PO Box 530  
Ulladulla NSW 2539

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

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## 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 30 September and is being given by the Acacia String Quartet.

### 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](http://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, but other aspects could be examined on request. 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](http://www.southcoastcolleges.edu.au)