



Kiama Newsletter



Term 1 2020

Welcome!

This has been a traumatic start to the new year for many, with the fires and loss of lives and properties as well as the subsequent air pollution and health issues. I am sure we are all longing for the rains to douse the fires and break the drought.

Hopefully U3A will help us focus on the positive with a diverse and exciting range of Monday talks and an outline of the courses available as well as the term 1 excursion.

Enjoy the term!

Kiama U3A Committee

President	Laurie Gilbert	4232 1164	Vice President	Charles Walker	4263 3488
Secretary	Patricia Thornton	0425 233 169	Assistant Secretary	Dorothea Ramsay	0403 038 618
Treasurer	Janie Wunderlich	0412 010 089	Assistant Treasurer	Susan Barton	4293 1086
Membership Secretary	Charles Walker	4263 3488	Newsletter Editor	Pamela Baxter	0430 198 604
Talks Co-ordinator	Grahame Ramsay	0412 439 564	Publicity Officer	Margaret Jay	0413 187 148
Course Co-ordinator	John Pritchett	4237 7441	Technology Officer	Roger Bogaert	4237 8742
Excursion Co-ordinator	Brian Cowling	4232 1843			

Patrons

The Hon. Gareth Ward, MLA Kiama,

Mrs. Fiona Phillips MP Gilmore

Cr Mark Honey, Mayor Kiama

Life Members

Betsy Coroneos, Liz Stomps, Wendy Leatheam, John Pritchett, Peter Clarke, Carol Fury, Gloria Jeffrey, Shirley Gould

Term 1 Dates

There is NO enrolment on the public holiday of Australia Day

Enrolment: Tuesday January 28 (2.00pm – 4.00pm) & Wednesday 29 (2.00pm – 3.00pm)

Sausage Sizzle: Tuesday 1.00pm prior to opening for enrolment

Term: February 3 – March 27

Special Events:

Excursion; February 24

Illawarra U3As Trivia Challenge
Thurs March 12

Membership applications and course enrolments are registered on Enrolment Day(s) at the North Kiama Neighbourhood Centre (NKNC). The combined form is at the end of the newsletter (be sure to download the newsletter first before printing off the form). Forms are also available on the website and in hard copy at enrolment.

Can't make it to enrolment?



Do please ask someone to enrol you (and pay)

Do make it to the first available Monday talk, where you can enrol and pay

Don't bring money to your course leader (they cannot accept either the forms or the money)

Recipe for living in 2020

1 pinch of patience
2 dash of kindness
2 spoonfuls of laughter
1 heap of love.

Mix lightly and spread far and wide

President's Column

It was good to welcome so many of you to our **End-of-Year Luncheon** in December. It was the best attended end-of-year function we have held. The change of venue seems to have met with your approval. Thank you all for your contributions and for the many compliments I and other members of the Committee have received.

The **Annual NSW U3A Network Conference** is being held at the Shellharbour Club Wednesday 29 April to Friday 1 May. This is a gathering of U3A members from all across the State to attend forums, workshops, compare notes, and share experiences. All members of Kiama U3A are encouraged to take an interest, book, and attend some or all of these activities. The proximity of the Conference this year is a great opportunity for you all to become involved - without the rigours of travel and accommodation.

Full details of the Conference program including booking arrangements can be found on the website. Simply search: "**U3A NSW Network Conference 2020**".

Please note the change to **Enrolment Dates** for Term 1. Enrolments will be conducted at the North Kiama Neighbourhood Centre on **TUESDAY 28 January 2-4 pm** and **WEDNESDAY 29 January 2-3 pm**. Unlike previous years, there will be no enrolment on the public holiday Monday. A sausage sizzle will be held on the Tuesday at 1pm prior to the opening of enrolment. Please come and join us on this occasion.

Once again, Committee members have worked hard to assemble a program of Talks and Courses. I draw your attention to the two-session Opera Course we are co-sponsoring with Shoalhaven U3A in Berry on the 28 Feb and 13 March. If you enrol in our Music for Pleasure Course, the Opera sessions will be included. However, you can enrol for the Opera sessions as a stand-alone course. Details can be found later in this Newsletter. We

encourage you to survey the program and sign up for something that interests or intrigues you – or even something you have never explored before! Take the challenge!

And a reminder: all memberships are now due for renewal.

See you at Enrolment.

Laurie

**NSW U3A NETWORK 2020
CONFERENCE
29TH April to 1ST May**

We have the opportunity to attend the annual Network Conference in our own region, with Shellharbour U3A hosting the event at the Shellharbour Club.

The Conference begins with an Open Forum, followed by afternoon tea and workshops. Thursday features keynote and guest speakers, a Regional Roundup and panel discussions at the Shellharbour Club. The Conference Dinner will be held that evening at Warilla Bowling & Recreation Club. NSW Network AGM and a guest speaker finalise the Conference on Friday morning.

More information about the programme and registration is available on both U3A Network NSW and Shellharbour U3A's websites.

**OPERA AT BERRY: COSI FAN TUTTE
Co-sponsored by Kiama & Shoalhaven
U3A's**

Mozart provides an exhilarating operatic experience. And the music is absolutely exquisite! Many of the work's arias will touch both your emotions and your heart.

The plot is rather politically incorrect, but it comes to a philosophically worthy ending. First performed in 1790 in Vienna, its initial run was cut short by the death of the emperor Joseph II. Later it ran for another five performances but has rarely been performed since, although Opera Australia has performed it regularly over the years. The staging and acting are enchanting, with a delightful and substantive interpretation of the role of Despina, one of the co-conspirators in the plot. The work is in two acts, lending itself nicely to our two-session presentation. This viewing will be led by Eric Courtney as Vincent Cincotta is unable to be present this term

Dates: February 28; March 13

Time: 1.00pm – 3.00pm

Venue: Wesley Hall, Berry Uniting Church
Onsite Parking

Cost: \$10

Illawarra U3As Trivia Challenge 2020

It's on at Shellharbour Civic Centre on Thursday 12th March. Registration is at 1 pm, the competition runs from 1.30 to 4.30 pm.

Dust off the cobwebs with an afternoon of fun and a sumptuous afternoon tea for \$7 registration fee. Kiama U3A needs to field two or three tables, so come along and give the other U3As a run for their money.

Our very own Wendy Leatheam & Margaret Silburn will once again be setting the questions and acting as MCs – and, no, they can't be bribed; we tried last year.

Let Laurie Gilbert know at the Monday Talks if you'd like to be a part of our team.

**2020
TERM 1 EXCURSION**



**FISH 'N' CHIPS
at
WATSONS BAY
MONDAY,
February 24th**

...or 'green eggs and ham'. The Beach Club can provide either.

OR you can indulge in the 'catch of the day' at Doyles takeaway.

OR you can take out a second mortgage and eat in style at Doyles restaurant next door.

After your rail/ferry trip you will be hungry...and thirsty. Prices start at \$22.

ITINERARY:

Rail from Kiama to Central...7.56am

Rail from Central to Circular Quay

Ferry from Wharf 3 to Watsons Bay (every 30 minutes)

Walk to your choice of luncheon venue.

Excursion Co-ordinator's recommendation is the Beach Club.

Return much the same way

COST: Rail & ferry travel...\$2.50 Opal card
Lunch at your expense
If we have a large number, I will book tables

Enquiries for any of the above...Brian Cowling 4232 1843

PS For the more energetic a short walk up the road will find you at 'The Gap'

End of Year Lunch 2019

Everybody enjoyed a wonderful celebratory lunch at the end of last year. A combination of a changed venue (using the NKNC), the variety and quality of the food and the freedom to drink appropriately festive drinks as well as being provided with a *Summer Punch* and tea and coffee, meant that it was a relaxed, joyful time.

There was a choice of three types of meat as well as salmon, and steamed potatoes with sour cream & chives and then deconstructed salad (so that people could 'build' their own). Then there was a divine sticky toffee pudding (thanks Charles) or, for the more health conscious, fresh fruit and/or a great variety of cheeses.

Thanks to a fun and fiendishly clever Trivia Quiz (thanks Patricia), there was no discernible waiting time for food. Some small exercise (to aid digestion) was provided in the form of "Heads or Tails" (you really had to be there!) The photo loop was updated with extra photos from the 20th Anniversary afternoon tea, and ran constantly throughout the lunch so there were stars on the ground and on the screen!

Two members were bestowed with life membership; **Gloria Jeffrey** and **Shirley Gould**. Laurie (our President) gave a vote of thanks to the organising (and working) sub-committee. This sub-committee was augmented by a number of volunteers both in the preparation (table setting and chopping duties) and in the clean-up, which was wonderful, as "many hands make light work".

We have set a very high bar for future celebrations.

Warning Jenny Joseph (1961)

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't
suit me.

And I shall spend my pension on brandy and
summer gloves

And satin sandals, and say we've no money
for butter.

I shall sit down on the pavement when I'm
tired

And gobble up samples in shops and press
alarm bells

And run my stick along the public railings
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more
fat

And eat three pounds of sausages at a go
Or only bread and pickle for a week

And hoard pens and pencils and beer mats
and things in boxes.

But now we must have clothes that keep us
dry

And pay our rent and not swear in the street
And set a good example for the children.

We must have friends to dinner and read the
papers.

But maybe I ought to practise a little now?
So people who know me are not too

shocked and surprised

When suddenly I am old, and start to wear
purple.

Monday Talks Term 1. 2020

Terry Beaumont: STATE EMERGENCY SERVICES(Kiama)

Monday 3rd February

During the bushfires, the importance of volunteer services has been paramount. The NSW State Emergency Service (NSW SES) is an emergency and rescue service dedicated to assisting the community. It is a volunteer-based organization that provides emergency assistance to the people of NSW. It is the approximately 9,000 volunteers across the state that make this possible. NSW SES Volunteers come from all walks of life, bringing with them many different skills, interests and backgrounds. They are united by the purpose of supporting their communities in times of need.

Terry Beaumont is a trainer/assessor with the Kiama SES and former warrant officer in the Army having served in Defence Forces for 25 years.

Sidney Pohorille: BUSH REGENERATION AFTER THE FIRES

Monday 10th February

The bushfires have left a trail of destruction to nature as well as the loss of homes and have had a huge impact on communities.

It will take a long time for the communities to recover from the destruction of bushfires on houses and people. The impact on the environment is also major.

Sidney will consider how to help the revegetation of areas destroyed. He considers the need to start with a plan, preparation and monitoring your site. Sidney has useful tips about spacing, safety, pest control, maintenance, weed control, pruning, watering, fertilizing and where to go for more information and help.

Sidney Pohorille is a qualified international horticultural and herbal specialist with 50 years of experience.

Clayton McDowell: THE DESERT ROSE PROJECT

Monday 17th February

Desert Rose was a joint UOW-TAFE NSW entry into the Solar Decathlon Middle East 2018, an international design and construction competition that focuses on sustainability. The project produced a sustainable house and finished second in the competition. The Desert Rose is a student-designed and -built house that produces more energy than it uses. As an added benefit, the house was designed to support people living with dementia and other age-related conditions.

Clayton McDowell is the Project Manager of the Desert Rose project

Excursion (See details on page 3)

Monday 24th February

Ken Jeffrey: THE SCOTTISH RADICALS

Monday 2nd March

This year is the bicentennial of an uprising of men from Central Scotland demanding democratic rights such as a vote. The Battle of Bonnymuir ensued and the outcome has connections to Australia

Ken Jeffrey is a native of Scotland, specifically the ancient city of Stirling.

Charles Walker: HIP OPERATION: A PATIENTS VIEW OF A NEW HIP

Monday 9th March

In mid-2019, Charles had a new hip installed and he was stunned at the success of the operation. The surgeon used a relatively unknown technique, as did the anaesthetist, who has been happy to share some details with Charles. Charles would like to share his experience as many of our members will be facing the same problem sooner or later.

Charles Walker is an engineer, but it was his knowledge of basic carpentry and experience as a patient that helps him understand hip operations.

Bob Shaw: HISTORY OF PHOTOGRAPHY

Monday 16th March

Bob will take us through the history of photography from box brownie to digital with a down-to-earth, inclusive and helpful guide to photography.

Bob Shaw is a professional photographer with his company *Aspiration Images* based in Kiama.

SINGING IS GOOD FOR YOUR HEALTH

Monday 23rd March

Sing Australia believes that singing is for everyone: it is a primal expression connecting us to each other, our history, our struggles, our memories and our future hopes. Studies have shown that singing together releases endorphins that can give us energy and lower stress levels

Maree Shepherd, is a NIDA graduate and coordinates two choirs. SING AUSTRALIA Kiama and SING AUSTRALIA Sutherland.

Patricia's Pen

The horse and mule live thirty years
And nothing know of wines or beers.
The goats and sheep at twenty die
With never a taste of scotch or rye.
The cow drinks water by the ton
And at eighteen is mostly done.
The dog at sixteen cashes in
Without the aid of rum or gin.
The cat in milk and water soaks
And then in twelve short years it croaks.
The sober, modest, bone dry hen
Lays eggs for nogs, then dies at ten.
The animals are strictly dry
They sinless live then swiftly die.
While sinful, ginfu, rum-soaked men
Survive for three score years and ten.
And some of us, though mighty few
Stay pickled till we're ninety-two.

Sir John Lang, Secretary of the Admiralty (1947 to 1961)

Course Descriptors Term 1

Tai Chi Qigong for Health

Please wear comfortable clothing, supportive shoes, and a ready smile. [NOTE: Tai Chi with Kathie: A prerequisite for this course is some experience with Tai Chi for Memory and/or Tai Chi for Arthritis Part 1] Cost: 15

Twinkling Toes with Maureen Mulready. Experienced or beginners welcome to join an active dance class – mostly tap. The class will consist of warm-ups, mastering new and old steps, combinations and routines. Tap or solid-soled shoes needed. Fun and fitness guaranteed! Cost: \$15

Mah Jong with Marion Rattray and Marie Stuart. This charming game from China has become very popular in Australia. Learning the basics is easy, but becoming a champion requires skill, strategy, courage – and luck! Cost: \$15

What's in the News? with Brian Cowling. An informal group discussion on what's happening locally, nationally and world-wide. Please note change of day for Term 1 only! Cost: \$15

Writing Club with Helen Hedley and Patricia Thornton.

Life is a collection of stories and we all have so many buried away. Join us in sharing our love of writing (and reading). We have a vibrant and talented group of writers who have already proudly produced two anthologies. Writing pieces can include anecdotes, verse, interesting (even strange or unusual) facts. This self-help group support each other as we share our efforts in a weekly open forum. Come along and enjoy the stimulation and discussion that stories can generate.

Our group has grown in numbers since its inception and in order to maintain the supportive nature of the group we may have to limit new members. However, if our limit is reached, we intend keeping a waiting list. Cost \$15

Table Tennis with Laurie Gilbert
Here is your chance to get fit and enjoy yourself. Cost: \$15

First Wednesday Book Club. with Brian Cowling
A book club with a difference - you select your own book, then review it for everyone else! (Two meetings in 1st term) Cost: \$4

Fine Art History and Appreciation with Peter Clarke
The first course this term is presented by William Kloss; *Great Artists of the Italian Renaissance*. The second course is by Catherine Scallen, titled *The Art of the Northern Renaissance*. If you are interested in European Renaissance art, these two courses should be worth the time. Cost: \$15

Music for Pleasure (A Gathering of Music Lovers) with Janet Granger and Peter Clarke. The Opera in Berry (Cosi fan Tutti) is included in this course. Cost: \$15

The War in the Air with Dr John McCarthy.
1: Learning while Fighting 1914-1918.
2: The Air Wars: Theory and Practice 1918-1945.
3: Who Won the Battle of Britain?
4: The Strategic Air Offensive against Germany and Japan: Success or Failure?
5: Defensive Air/Did the Bombers Always Get through? 1939-1945
6: Vietnam: The Air War and the Art of the Possible.
7: The Triumph of Air Power; The Gulf War.
8: From 1914 to the F35 - the Future of War in the Air.
Cost: \$15

It was called Ayers Rock in those days.

We arrived at THE ROCK and motored slowly around the base. It really was huge and who knows how much of it is underground. Like a coloured iceberg. I wondered if it was floating or if anyone had made any measurements of its movements. It was a dull red and it was round or humped, like a whale coming up for air. There was very little vegetation although we had been told it does rain, and when it

does, it is a greater spectacle than the sunrise thing we had been advised to attend the next morning.

There was a path on one flank of this huge pebble up which many foolish people were climbing. I say foolish because according to the sign at ground level it was not advised if unfit or with heart disease...or presumably vertigo!

There were plaques attached to some rocks as a memorial to those who had lost their lives on the climb. It did not seem to deter anyone, including us. The four of us joined some coach passengers...some of whom looked like they might end up with their names inscribed on those plaques ... and commenced the clamber up the side of this monolith. There was a chain for use as a handrail, most of the way to the first level and the task certainly took a strain on our leg muscles. We all made it to the top level and then walked along the crest, until we reached a stone cairn that had been constructed long ago atop of which was a signpost pointing to all the capital cities of Australia and the mileage to same. The view was magnificent; there was nothing to see in all directions. An uninterrupted view from 1100 feet of a vast plain stretching to the horizon.

The walk down was the hardest and really tested those muscles and lungs. At times I really felt as if the air were thinner up there, but at that height surely not. I vowed to give up smoking half way down and it lasted until I reached the car! We decided to watch the rock at sunset for its magical colour change but as luck would have it, the clouds rolled in and covered the sun and we ended up with photos of a purple rock instead of a bright red one.

We drove back to the Alice at top speed. To hell with the risk. We had had enough of these rural roads. We suffered of course. One tyre and calamity of calamities; two of my fine crystal drinking goblets from my glory box. They were given a fine funeral and buried at the side of the road. A version of the last post was played on my paper and comb, a cross was designed from the shredded tyre and a eulogy given by Bob which consisted of many words not normally heard in the solemnity of the graveside."

Brian Cowling

2020 Calendar Overview

Enrolment Days: (first day 2-4 pm, second day 2-3 pm)		Terms	Special Events
Term 1	Tues 28 th -Wed 29 th Jan	Mon 3 rd Feb to Fri 27 th Mar	Enrolment Sausage Sizzle Tuesday 28 th January Excursion – Watson’s Bay February 24 IllawarraU3A Trivia Challenge March 12
Term 2	Mon 27 th -Tues 28 th Apr	Mon 4 th May to Fri 26 th Jun	NSW U3A Network 2020 Conference 29 April – 1 May
Term 3	Mon 20 th -Tues 21 st Jul	Mon 27 th Jul to Fri 18 th Sep	AGM Monday 24 th Aug
Term 4	Mon 12 th -Tues 13 th Oct	Mon 19 th Oct to Fri 11 th Dec	

Course Timetable Term 1, 2020

Tuesday	Wednesday	Thursday	Friday
8.30am – 9.30am Tai Chi for Health Kathie Pearson (4237 7994) 8 sessions starting February 4 Venue: NKNC Main Hall	8.30am – 9.30am Tai Chi Qigong Intermediate Shirley Gould (0478 226 807) 8 sessions starting February 5 Venue: NKNC Main Hall	10.30am – 12.30pm Writing Club Helen Hedley (4237 5095) Patricia Thornton (0425233 169) 8 sessions starting February 6 Venue: NKNC Main Hall	2.00pm – 4.00pm Music for Pleasure Janet Granger (4234 1677) Peter Clarke (4232 2970) 8 sessions starting February 7 Venue: NKNC Main Hall
9.00am – 10.00am Tai Chi Qigong Carol Fury (4232 2825) 8 sessions starting February 4 Venue: Kiama Masonic Hall	9.45am – 10.45am Tai Chi Qigong Advanced Shirley Gould (0478 226 807) 8 sessions starting February 5 Venue: NKNC Main Hall	2.00pm – 4.00pm Fine Art History and Appreciation Peter Clarke (4232 2970) 8 sessions starting February 6 Venue: NKNC Main Hall	The opera: Cosi fan Tutti Is part of this course (see details p3)
12.30pm – 1.45pm Twinkling Toes Maureen Mulready (4234 2346) 8 sessions starting February 4 Venue: NKNC Main Hall	11.00am – 1.00pm Table Tennis Laurie Gilbert (4232 1164) 8 sessions starting February 5 Venue: NKNC main hall		
2.00 – 4.00pm The War in the Air Dr John McCarthy. 8 sessions - begins 4th February 2-4 p.m. Venue: NKNC Main Hall	1.30pm – 3.30pm Mah Jong Marion Rattray (42332490) Marie Stuart (4232 1279) 8 sessions starting February 5 Venue: Kiama Uniting Church Hall, Bong Bong St.		
	2.00pm – 4.00pm First Wednesday Book Club Brian Cowling (4232 1843) February 5 & March 4 Venue: 34 South Kiama Drive Kiama Heights		
	What's in the News? Brian Cowling (4232 1843) 8 sessions starting February 5 NKNC Main Hall		

