



Learn Laugh Live

# Kiama Newsletter



## July 2021

Welcome to Term III.

We are still moving towards our new normal. Courses and talks but within COVID guidelines  
We look forward to your involvement. Remember that U3A is run by the members for the  
members, and we are only as good as our contributions.

### Kiama U3A Committee

President	Laurie Gilbert	4232 1164	Vice President		
Secretary (Acting)	Janie Wunderlich	0412 010 089	Assistant Secretary	Grahame Ramsay (LoA)	0412 439 564
Treasurer	Janie Wunderlich	0412 010 089	Assistant Treasurer	Susan Barton	4293 1086
Membership Secretary			Newsletter Editor	Pamela Baxter	0430 198 604
Talks Co-ordinator	Dorothea Ramsay	0403 038 618	Publicity Officer	Kate Carlin (Acting)	
Course Co-ordinator	John Pritchett	4237 7441	Technology Officer	Roger Bogaert	0408 021 389
Excursion Co-ordinator	Brian Cowling	4232 1843	Ad hoc Committee Member	Wendy Leatheam	

### 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

**KIAMA U3A INC**

**NOTICE OF ANNUAL GENERAL MEETING**

**MONDAY 23 AUGUST 2021 AT 2.00 PM**

**NORTH KIAMA NEIGHBOURHOOD CENTRE**

The Annual General meeting of Kiama U3A Inc will take place on Monday 23 August 2021 at 2.00 pm at the North Kiama Neighbourhood Centre in Meehan Drive Kiama Downs.

Agenda:

1. President's Report
2. Treasurer's Report
3. Questions and comments from Members
4. Election of Office Bearers

If you wish to nominate for one or more of the thirteen positions on Committee, Nomination Forms are available from the President, Laurie Gilbert, or the Acting Secretary, Janie Wunderlich as well as at the end of the newsletter. Nominations must be in writing, must be proposed and seconded by two financial members of our association, and must be in the hands of the Secretary seven days before the Annual General Meeting.

Nominations for any position can only be accepted from the floor of the Meeting if no valid written nominations for that position have been received by the closing date.

Please take an interest in your association and how it is being run: attend the meeting, ask your questions, and express your opinions.

## President's Column

Face-to-face Enrolment for Term 3 will take place at NKNC on **MONDAY 12 JULY 2-4 pm and TUESDAY 13 JULY 2-3 pm.**

Procedures will be in place to ensure social distancing and sanitation. Please do not loiter in the Hall. If you are unable to attend at these times, please arrange for a friend to complete your enrolment.

Alternatively, you can attend the first Talk of the Term on Monday 19 July and enrol then.

You will no doubt be pleased to see the return of our Monday Talks in Term 3.

Your Committee has worked hard to pull our association through the pandemic. Although KU3A is a somewhat diminished association operating in straitened circumstances, we are still here!

However, as we approach our AGM on the 23 August, your association faces an existential challenge. Finding members willing to serve on Committee and administer our association is looming as a very difficult task. The pandemic has reduced our membership by about a third so that the pool of potential volunteers is diminished. Please seriously consider volunteering for one of the offices on Committee so that your KU3A can continue into the future.

I urge you all to please show an interest in your association and how it is run by attending the Annual General Meeting on **MONDAY 23 AUGUST.**

As this is my last Column, I take this opportunity to thank you all for the support and encouragement you have given me and the Committee over the last four years – particularly during the pandemic. It has been an honour to serve our association as your President.

Laurie

## Enrolment for Term III

**Dates:** July 12<sup>th</sup> (2.00 – 4.00pm) and 13<sup>th</sup> (2.00 – 3.00pm)

**Venue:** NKNC

**Remember** we are still operating under COVID restrictions; so, keep the social interaction to a minimum (and at a distance).

**Get** your name marked off the list as you enter (COVID rules)

**Print** off the enrolment form and fill it in before coming to enrolment (and remember to bring it with you)

**Like the rest of Australia, we prefer a cashless payment system so payment should be by card or cheque if at all possible**

### Can't Make it to Enrolment?



**Do** download the form, print it and complete it at home

**Do** please ask someone to deliver your completed form to enrolment day.

**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)

**Do** phone a member of the Committee (details in Newsletter) if neither of the above options works for you, to make arrangements to pay.

**Do** please complete the Enrolment process at least one week prior to attending the courses, so that the leader can be informed of your attendance.

## Monday Talks

Hi Folks

Monday Talks are back but with some changes. There will be no afternoon tea due to Covid restrictions. The talks will be from 2pm -3.30pm.

### Week 1: Monday 19<sup>th</sup> July

Singer and Music Director of Sing Australia, **Maree Shepherd**, will be sharing her expertise on the psychological and physical benefits of singing with others. This will be an interactive and enjoyable presentation



### Week 2: Monday 26<sup>th</sup> July

The author, **David Kerr**, will be giving an informative talk about his personal experience and the research of the Palestinian conflict. His latest book **Wall of Tears**: *The Human Face of Israel and Palestine conflict* offers a fascinating and balanced look into that world of conflict. You will hear about various sides to the story and gain new perspectives on the issues. He will share his process in the writing of the book.



### Week 3: Monday 2<sup>nd</sup> August

**Jo Norfolk** has studied the strange and interesting use of insects in cooking/baking. She will share her knowledge of this "popular" dietary and protein beneficial ingredient. Should be a very unique talk. Jo might even tempt you to try some of the items.



### Week 4: Monday 9<sup>th</sup> August

**Maurice Barton** will be presenting an insightful talk about the Battle of the Coral Sea.



This was the first sea battle in history in which the opposing vessels were far beyond sight and range of each other. We will start with the strategic interests of the US and Japan in the Pacific and the military situation in 1942. Then a close look at the capabilities and weaknesses of the ships and weapons, and at the challenges, facing the commanders on both sides will

lead into an account of the battle. We conclude with a summary of lessons learned and the implications for the value of the US/Australia alliance.

### Week 5: Monday 16<sup>th</sup> August Excursion to Hars Aviation Museum (Albion Park).

A group tour of various aircraft. There is a great café for refreshments/lunch and an interesting time is guaranteed. See note at the end of the newsletter.



### Week 6: Monday 23<sup>rd</sup> August AGM

### Weeks 7 and 8: Monday 30<sup>th</sup> August & 6<sup>th</sup> September

**Wendy Leatheam** will give a two-part talk on stained glass.



#### FOR YOUR SAFETY:

Kiama U3A is registered with NSW Health as a COVID Safe business and has a Safety Plan that we must all follow.

No refreshments will be supplied.

#### What you must do

- Hand sanitise on entry
- Sign the attendance sheet
- Bring own water
- Distancing (an outstretched arm, fingertip to fingertip, is a good way of judging)
- Lots of fresh air (cross-flow ventilation)

**If you have a sniffle or feel a little bit unwell: DO NOT COME**

## My Appeal to Members

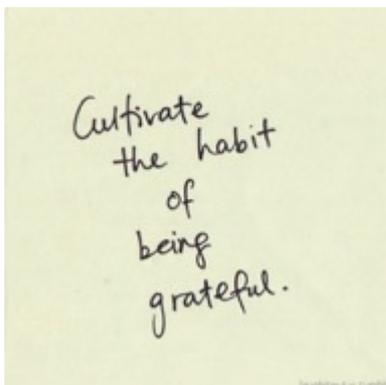
The AGM and Election of Office Bearers is less than 2 months away. At this Meeting, we will be looking to fill at least 7 vacancies on Committee – possibly more. We are looking for members willing to nominate for the roles of President, Vice President, Secretary, Treasurer, Membership Secretary, Assistant Treasurer, and Newsletter Editor. A Nomination Form is attached to this Newsletter.

Our Constitution prescribes that we must have a President, a Vice President, a Secretary, and a Treasurer. If we cannot fill these positions, Kiama U3A may have to be wound up and cease to exist. And if we cannot find members willing to fill the other positions, we will be an association in name only with no activities.

I appeal to all members of our association to give serious thought to volunteering to help run it. If you enjoy taking part in our activities, please help to run them. Without you, Kiama U3A has a very uncertain future.

Feel free to call me on 4232 1164 to discuss any aspect of this vital matter.

Laurie



**Please note:** Because of the local government elections the NKNC will be unavailable for Friday 3<sup>rd</sup> of September, the music session for that day will be cancelled.

## Course Descriptors

### Twinkling Toes for Fun and Fitness

#### Wendy Leatheam

Yes, we are back!! Come and join an easy dance class for all – gentlemen welcome!

Experienced or beginner participants welcome.

Requirements? - shoes with taps or just a solid sole (no rubber soles) and a 'give it a go' attitude!

A limit of 12 in the class will assure we adhere to COVID safe practices.

Phone Wendy Leatheam (42 360 089) for further information.



### Tai Chi Qigong

#### Carol Fury

(This group is closed)

### Tai Chi for Health 1

#### Kathie Pearson.

Prerequisites for this class are experience in Tai Chi for Arthritis 1, and Tai Chi for Memory.

### Tai Chi for Health 2

#### Kathie Pearson.

Prerequisites for this class are experience in Tai Chi for Arthritis 1 and 2, Tai Chi for Memory and Tai Chi for Osteoporosis. Enquiries 0447 774 642.

**In the interests of fairness and limited numbers (COVID safe) you cannot attend more than one class. Limit: 15**



### Table Tennis

#### Brian Cowling

Ping Pong is back!!

Overcome your COVID frustrations by smashing a small ball at your opponent across table tennis tables provided by your State government.

We will be playing singles only to comply with current health measures

Sign up now. Limit of eight. First come first in



## What's in The News

### Brian Cowling

An informal group discussion on what's happening locally, nationally and world-wide.



## First Wednesday Book Club.

### Brian Cowling

A book club with a difference - you select your own book, then review it for everyone else! We meet on the first Wednesday of EVERY month.

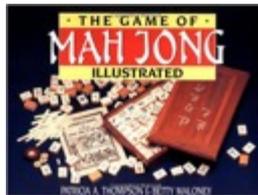


## MAH JONG

### Marion Rattray, Marie Stuart and Wendy MacDonald

This charming game from China has become very popular in Australia.

Learning the basics is easy, but becoming a champion requires skill, strategy, courage



## Drama and Play Readings Workshop

### Dot Ramsay

Come along for some fun and laughter at the U3A Drama plus play reading Workshops, where you will learn by involvement and doing. We will do improvisation, movement, group exercises, scene work, voice work, build drama skills and do some readings from plays.

No previous experience is necessary, just the willingness to have a go.

You will learn something different each week. Wear very casual, comfortable clothes and shoes. Bring your bottle of water, open-mindedness and enthusiasm. This is an 8-week course.



## Writing Group

### Sandy Morse

Approximately half the time will aim to improve the writing skills of members through talks on various techniques and constructive feedback of submitted writing. The rest is simply writing for fun. Limit of 20



## Fine Art History and Appreciation

### Peter Clarke

We will be commencing a new series entitled "The Genius of



Michelangelo", presented by Professor William Wallace (no, I have no idea whether he is a descendent of Braveheart). Wallace is an entertaining and erudite lecturer, and an expert on High Renaissance art. His expertise on the life and times of Michelangelo was demonstrated when he was engaged by the Vatican as an expert when the frescoes in the Sistine Chapel were restored. If you are interested in High Renaissance art, this series of 36 lectures is a must! The course will continue in Term 4.

## Music Appreciation

### Janet Granger and Peter Clarke (A Gathering of Music Lovers)

Janet and Peter continue this old favourite way of spending a pleasant Friday afternoon.



## Australia's Eating Habits 1944 – 2021

### John Pritchett

When I was growing up in the 1940s and early 1950s, butter was still rationed, so we spread our bread with dripping. Breakfast was porridge with milk and brown sugar. Lunch was white bread sandwiches with a smear of Vegemite, Pecks 'Anchovette' or a processed "cheese" called *Velveeta*. Dinner (then called "tea") was the classic "meat and three veg" - the meat was chops, sausages or cutlets with the occasional lamb's fry, and the "3 veg"; potato and two of peas, beans, cabbage or brussels sprouts, all boiled to

death. Oh, the smell of boiled cabbage! The universal drink was tea, which came off the ration card in 1950. There was also an incredible (inedible) concoction called "*Bushell's Coffee and Chicory Essence*", with a picture of a man in a fez on the bottle. Beer was for men only; to be drunk as fast possible and in huge quantities before the pubs closed at 6 pm. Commonly called the six o'clock swill. Wine consumption for most part was the round-bottled *Leo Buring's Riesling* at Christmas.

Restaurants back then were mostly formal, starchy and expensive. The exceptions were the Greek cafe (mixed grill, chips and an egg) and the local Chinese (sweet-and-sour pork and chicken chow mein).

Kentucky Fried Chicken arrived in 1968, with its sugar-laden bean salad and mashed potato, and 11 secret herbs and spices (rumoured to be salt, pepper and nine serves of monosodium glutamate).

Before the advent of McDonalds, a local hamburger consisted of sugar-free bread roll, beef patty, tomato, onion, lettuce, beetroot, sauce, and your choice of bacon, egg, etc. - not a dill pickle in sight!

Maccas arrived in 1971 and killed the Aussie hamburger stone dead. How? Why? I don't understand.

The take-away scene improved in the 1970s with the doner kebab, not only delicious, but also healthy. Also, in the '70s we got instant coffee, first the execrable *International Roast* and *Pablo*, then the much-improved *Nescafe* and *Moccona*. But even tea had its revolution with the tea bag. Remember the TV ad with a woman jiggling tea bags while her mother droned in the background: "Warm the pot; a teaspoon for each person and one for the pot; take the pot to the kettle, not the kettle to the pot, etc. etc"? Frozen foods came in and were widely accepted, although TV dinners were a bit of a loss - burnt bits, cold bits, and the whole lot tasting like cardboard.

And, wonder of wonders, olive oil emerged from the chemist and onto supermarket shelves. True confession: I nearly killed my Welsh parents-in-law by cooking with olive oil, not realising that they had never come

across it in their lives. The poor dears were up all night taking it in turns to use the toilet! Who would like to go back to "the good old days"? Not me!

**TERM 3 EXCURSION**  
**HARS Aviation Museum**  
**MONDAY**  
**August 16th**

For those who have never been but always wanted to go here is your opportunity to visit our local aviation museum.

The volunteers promise to let you...

- Explore Australia's military and civil aviation history
- Watch aircraft restorations in progress
- Sit in the cockpit of the world's fastest jet bomber (*not sure about that boast*)
- Explore the hidden area of a modern jet airliner (*not sure a 747 can be called 'modern' but...*)
- Enjoy lunch in Café Connie.

**ITINERARY:**

Make own way to airport. There is plenty of parking. Turn left into Airport Road from highway at Albion Park Rail and continue to end.

Arrive at 10am in time for a coffee before guided tour at 10.30am.

Tour should finish approximately midday. Feel free to have lunch (at your expense) in the café.

**COST:** Entry to museum...\$20.

Payable at enrolment on July 12<sup>th</sup> & 13<sup>th</sup>  
Lunch at your expense

If we have a large number, I will book tables

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monday Talks</b>  <b>Begin: 19<sup>th</sup> July</b>  <b>2.00 – 3.30pm</b>  <b>Wk. 1 Benefits of Singing</b>  <b>Wk. 2 Palestine Conflict Analysis</b>  <b>Wk. 3 Insects in Cooking</b>  <b>Wk. 4 Battle of the Coral Sea</b>  <b>Wk. 5 Excursion</b>  <b>Wk. 6 AGM</b>  <b>Wk. 7 Stained Glass</b>  <b>Wk. 8 Stained Glass (part 2)</b></p>	<p><b>TAI CHI QIGONG</b>  <b>Carol Fury</b>  <b>Begins: 20<sup>th</sup> July</b>            9.00-10.00 am  <b>Venue:</b> Uniting Church Lecture Hall</p> <p><b>Twinkling Toes</b>  <b>Wendy Leatheam</b>  <b>Begins: 20<sup>th</sup> July</b>            12.00-1.30  <b>Venue:</b> NKNC Main Hall</p> <p><b>What's in the News?</b>  <b>Brian Cowling</b>  <b>Begins: 20<sup>th</sup> July</b>            2.00- 4.00pm  <b>Venue:</b> NKNC Main Hall</p>	<p><b>TAI CHI</b>  <b>Kathie Pearson</b>  <b>Begins: 21<sup>st</sup> July</b>  <b>1st Class:</b> 8.45-9.45 am  <b>2ndClass:</b> 10.00-11.00 am  <b>Venue:</b> NKNC Main Hall</p> <p><b>Table Tennis</b>  <b>Brian Cowling</b>  <b>Begins: 21<sup>st</sup> July</b>            11.30 – 1.00pm  <b>Venue:</b> NKNC Main Hall</p> <p><b>1<sup>st</sup> Wednesday Book Club</b>  <b>Brian Cowling</b>  <b>Begins:21<sup>st</sup> July</b>            2.00-4.00 pm  <b>Venue:</b> 34 South Kiama Drive, Kiama</p> <p><b>MAH JONG</b>  <b>Marion Rattray, Marie Stuart and Wendy MacDonald</b>  <b>Begins 21st July</b>            2.00-4.00pm  <b>Venue:</b> Uniting Church Hall</p> <p><b>Drama and Play Reading</b>  <b>Dot Ramsay</b>  <b>Begins: 21<sup>st</sup> July</b>            1.30-3.00.pm  <b>Venue:</b> NKNC Main Hall</p>	<p><b>Writing Group</b>  <b>Sandy Morse</b>            10.00-1200  <b>Begins: 22nd<sup>t</sup> July</b></p> <p><b>Art History and Appreciation</b>  <b>Peter Clarke</b>            2.00 – 4.00pm  <b>Begins: 22nd July</b>  <b>Venue:</b> NKNC Main Hall</p>	<p><b>Music for Pleasure (A Gathering of Music Lovers)</b>            Janet Granger and Peter Clarke            2.00-4.00 pm  <b>Begins: 23rd<sup>t</sup> July</b>  <b>Venue:</b> NKNC Main Hall</p>

**KIAMA U3A Inc**

**Nomination Form**

**Position on Committee**

Applications must be in writing, must have the written consent of the nominee, and must be endorsed by two financial members of Kiama U3A.

Nominations for Committee Positions must be delivered to the Acting Secretary, Janie Wunderlich, at least seven days before the Annual General Meeting scheduled for MONDAY 23 AUGUST 2021.

Where more than one nomination is received for a position, a ballot of members at the Annual General Meeting will be taken by a show of hands.

Nominations from the floor of the Annual General Meeting can only be accepted if no valid written applications for the position have been received by the closing date.

I, (PRINT NAME) \_\_\_\_\_  
being a financial member of Kiama U3A Inc, seek nomination for the Committee position circled below:

- |                      |                                   |
|----------------------|-----------------------------------|
| President            | Excursion Co-ordinator            |
| Vice President       | Newsletter Editor                 |
| Treasurer            | Publicity Officer                 |
| Secretary            | Communication & Equipment Officer |
| Membership Secretary | Assistant Secretary               |
| Talks Co-ordinator   | Assistant Treasurer               |
| Course Co-ordinator  |                                   |

I accept Nomination for the above position

(SIGNED BY NOMINEE) \_\_\_\_\_ (DATE) \_\_\_ / \_\_\_ / \_\_\_

**Endorsement by financial Members of Kiama U3A Inc:**

PROPOSER: I, (PRINT NAME) \_\_\_\_\_  
propose the above nomination  
(SIGNED) \_\_\_\_\_

SECONDER: I, (PRINT NAME) \_\_\_\_\_  
second the above nomination  
(SIGNED) \_\_\_\_\_