



U3A Northern Illawarra Inc

A Bridge to Learning

Newsletter No. 45

Editor: Ainslie Lamb

Term 1, 2105

PRESIDENT'S MESSAGE

Dear All,

For better, for worse, 2015 is here !

A new year and a new decade ahead for U3A NI and I am confident we can continue to build on a very good foundation . The former Anthony Hordens store motto "While I live I'll grow" says it all .

Our membership position is strong and our numbers are viable but we will need to maintain the numbers and integrate our new members. In parallel with strong numbers, I believe that our growth as an organisation must be based on *what we offer*. In this regard I read a recent paper by Ron and Ainslie on the future of U3A*. They are clear on the necessity for mental, physical and social stimulation as goals in all our programs. Our organisation must ensure that our objectives are achieved at minimum cost and the benefits are available as widely as practicable.

There are some obvious and attainable objectives which could help the group's performance. A wider involvement in the *hands on activities* of our meetings would spread the load and increase the efficiency. Putting the chairs out and in falls to a few, our morning tea at the Wednesday plenary is very well organised but it also falls to a few and so on. I believe too that our U3A would be strengthened if the gender imbalance at our meetings were reduced.

Also of great importance is the need for a wider recognition of the role of our special interest groups which are vital to our activities.

None of these ideas is new but they all warrant some thought in this new year.

May 2015 turn out better than we dare hope

Peter

* The paper entitled *U3A Faces the Future – The Charter and The Challenge* can be accessed from the U3A Network NSW website at www.nsw.u3anet.org.au under the tab Conference 2014 (click on the title at the end of the page).

THANKYOU from the Wesley Church on the Mall to all those members who contributed gifts for the 'Giving Tree' at our Christmas Party.

Term 1 Course program - full details inside at pp.3-4.

Wednesday is our regular meeting day, and there is always morning tea provided between sessions in the foyer. Members are reminded to contribute a gold coin for morning tea, to defray its cost. If you're a new member, be sure to introduce yourself and get to meet other members.

'Thank you' to the loyal and efficient morning tea helpers of last year: They are looking forward to seeing your names on the new roster, and welcome anyone else (men as well as women) who will help in setting up and clearing away the morning tea.

Your committee, course coordinators, technician, newsletter editor etc, are all volunteers. You can help them on class days with setting out and putting away the chairs.

Membership subscriptions are now due, payable by the end of February - : \$50 per year, or in two instalments (February and July) of \$25 each. Please complete the membership form and hand it to Treasurer Chris Thorley with your payment.

Term Dates 2015 – note them in your diaries now

Term 1 - 28th January – 27th March (Seniors Week 14-22 March 2015)

Term 2 - 20th April – 19th June (10th Birthday History Launch – 6th May)
(U3A State Conference, Mittagong 29 April – 1 May, 2015)

Term 3 – 13th July – 11th September

Term 4 – (note Public Holiday 5th October) – 6th October – 27th November



In addition to our own **Open Day on Wednesday 18th March**, you may be interested in the following events -

Seniors' Concert Tuesday 17th March at the Entertainment Centre Sydney. Glad Doherty has 20 tickets available, 'first in first served', available until 4th February.

Shellharbour Council Trivia Afternoon - Thursday 19th March - see Pat Johnstone or Ainslie Lamb if you wish to participate in a Northern Illawarra U3A team.

BOOKSTALL - Dorn Lowrey will conduct a 'bring and buy' bookstall on **18th February and 18th March** – bring along 1 or 2 good books for sale (no magazines or out of date books) - proceeds towards U3A recurrent expenses .

SOME GENTLE REMINDERS

- Please wear your membership badge to all sessions: this helps us all get to know each other. Also, the Committee suggests that *Important Information* should be readily available in case of emergency, and the most appropriate place for this is on the back of your membership badge where it can be quickly accessed. Please write on the back of your membership card: (a) ICE – a phone contact In Case of Emergency (b) any special medical requirements or information (eg. allergies) or where that information can readily be found.
- Please also make sure your mobile is switched off when attending a class.

WEDNESDAYS AT THE THIRROUL DISTRICT COOMUNITY CENTRE
Term 1 Program - 9.30 am to 12noon in the Excelsior Hall
 With morning tea 10.30 – 11.00am

Speakers marked * are members of the Northern Illawarra U3A.

Week 1 - Wednesday 28th January

9.30	Information Update	Welcome to 2015	
11.00	Film, Art, Culture	Texas Guinan – Silent Film Star/ Speakeasy Entrepreneur	Aileen Harland

Aileen Harland is a member of Wollongong U3A, and a regular presenter to our U3A.
 Texas Guinan is the star of this afternoon's film.

Week 2 - Wednesday 4th February

9.30	Travel, Art, Culture	Venice and The Adriatic (1)	Patrick de Gabriele
11.00	Travel Art Culture	Venice and the Adriatic (2)	Patrick de Gabriele

Patrick is an experienced travel guide, with a special interest in Morocco, the Mediterranean, and the Middle East.

Week 3 - Wednesday 11th February

9.30	Art & Culture	Painting in Australia (1)	Frank Nowlan*
11.00	Glimpses of the Past	Thoreau	Eric Weddell *

Frank is an accomplished artist. Eric is a philosopher

Week 4 - Wednesday 18th February

9.30	Art and Culture	Painting in Australia (2)	Frank Nowlan*
11.00	Global Politics	What are Foreign Affairs? Should we give a Damn?	David Goss*

David is a former Australian diplomat.

Week 5 - Wednesday 25th February

9.30	Travel, Art, Culture	Gardens of England, Ireland and Wales (1)	Hazel King
11.00	Travel, Art. Culture	Gardens of England, Ireland and Wales (2)	Hazel King

Hazel King is a keen gardener and travel guide, and lives in Berry.

Week 6 - Wednesday 4th March

9.30	Our Community	How to save money on your Electricity	Carolyn Lee
11.00	Glimpses of the Past	Ruin to Recovery	Gregg Scott

Carolyn is an Energy Efficiency Expert & Consultant, residing in the Illawarra
Gregg is a member of Wollongong U3A.

Week 7 - Wednesday 11th March

9.30	Australian Stories	John Barney Hines – The Larrikin Soldier	Margaret Shannon
11.00	Glimpses of the Past	Caesar	Laura Honner *

Margaret Shannon is a member of Shellharbour U3A.

Week 8 - Wednesday 18th March - Seniors Week Open Day



9.30am Debate –
That Seniors Misuse Their Leisure Time

11am - Aileen Harland “*What A Dame*” – The Life and Times of Judi Dench.

The Film Society session (12.30 – 3.30pm) will feature the movie **The Best Exotic Marigold Hotel* (UK, 2012, 118 mins). Directed by John Madden. With Judi Dench, Bill Nighy, Maggie Smith, Dev Patel.

Encourage your friends to come along and learn about U3A.

Week 9 - Wednesday 25th March

9.30	Science and Education	Changes in Australian Education	Geoff Yates
11.00	Glimpses of the Past	Walt Whitman	Barbara Cattunar*

Geoff Yates is a recently retired Public School Principal.

The Wednesday talks program is co-ordinated by Joan Fleming

If you know of an interesting speaker, let Joan know and how to contact the speaker.

Several of our members make regular and valuable contributions to the Wednesday talks program. Are there more of you out there who could do the same, but are reluctant to make a presentation perhaps because of a reticence to stand up before an audience? But you may have interests and knowledge worth sharing, which is a basic principle of U3A. Don't hesitate – you are among friends who will appreciate your presentation, whether it is 15, 30 or 45 minutes. It doesn't have to be a full hourly segment. Perhaps start with a short presentation in a special interest group and work up from there. Talk to Joan or other experienced presenters who can offer support, including how to make and deliver a powerpoint presentation. Give the idea of making a contribution some thought.

SPECIAL INTEREST GROUPS AND CLASSES DURING TERM 1

Members are entitled to attend any program offered by our U3A. Members are requested to wear their membership badge to each U3A session they attend, and to record their attendance, both for administrative and insurance purposes. Visitors are invited to sample our groups, but are expected to become members if they decide to join in regularly. Regular attendees at these groups should note that some have changed their time slot and date this term.

GROUPS MEETING AT THE THIRROUL COMMUNITY CENTRE

Australian Studies – (Convenors – Adolph Hanich, Mary Condon) – 2nd and 4th Mondays, 1.30 – 3pm, Black Diamond Room. An opportunity to analyse and discuss aspects of Australian history and culture, one or two topics per session, led by individual members. Topics for Term 1:

February 9 - *The First Footprints* (DVD presentation) - Roy Tang)

Mary Reibey (John Ryan)

February 23 - *Hemp* (Roy Tang)

Australian Involvement in post WWII Asian Wars (Mary Condon)

March 9 - *Living in Mt Isa - The Strikes of the Sixties* (Brian Loughlin)

Review of the recently released Cambridge Economic History of Australia (Ron Browne)

March 23 - *An Aviator Pioneer* (Peter Gibbs)

Aboriginal History in the Illawarra before European Settlement (Mike Donaldson)

Please give some thought to topics for Term 2. We will discuss these at our first meeting to give people plenty of time for preparation.

Balance 'n' Bones – (Co-ordinator – Helen Whelan, helen@dispoiled.com). Gentle exercise for both men and women weekly during term, Mondays 9.30 – 10.30am commencing on *Monday 2nd February*, in the Excelsior Hall, utilizing the new Beth Denny DVD.



Brain Games (Co-ordinator – Ainslie Lamb) – 2nd and 4th Tuesdays, 9.30 – 11.00am, in the Ocean Breeze Room.

Term 1 dates - 10th and 24th February, 10th and 24th March.

A variety of amusing activities and creative challenges to stimulate different parts of the brain.

Creative Writing (Co-ordinator – Judy Gibbs) **Note change of time and dates** – now fortnightly 2nd and 4th Tuesdays 11.00am to 12.30pm in the Ocean Breeze Room, Term I dates – 10th and 24th February, 10th and 24th March. New members welcome – please add your names to the sign-on sheet or just turn up on the day.

Current Affairs (Convenor and Chairman - David Goss) - 1st and 3rd.

Mondays, 1.30 - 3pm. in the Black Diamond Room. A participatory group seeking to enhance our knowledge and understanding of Australian and World Affairs. We look forward to seeing any new members for 2015. We expect Abbott, Shorten, Palmer et al not to mention the rest of the world will continue to generate enough topics for us to discuss.



The Chairman sends out a brief note on the issues he has noted in the past fortnight as a background to discussion. It strives to be more informative and balanced than the *Daily Telegraph* and as non partisan as the *Australian!* Anyone who wants to receive it should let David Goss know on daan.goss@bigpond.com and he will put you on the list. The subjects to

discuss are decided by the group at each meeting. The Group has decided to discuss fewer subjects at greater depth in future rather than try to tick all the boxes but this could be varied in the light of experience.

For the first 30 minutes we address a Theme important to understanding current events where the subject is introduced for 5-10 minutes and then discussed. The three subjects set for term one are

- 2 February *The Effects of Inequality* (led by John Ryan)
- 16 February *Climate Change* (led by Ann Brown)
- 2 March. *When do we see the second episode of the Global Financial Crisis.*
(Led by David Goss)
- 16 March To be decided in February

Drama Group - (Convenor - Cath Philp) – 1st and 3rd Tuesdays, 11.30 – 1.00pm in the Black Diamond Room. Term 1 dates – 3rd and 17th February, 3rd and 17th March.
It's a fun group – members with or without experience in acting or directing are very welcome.

Drawing (Co-ordinator and tutor Jeannette Southam, Ph: 4285 1986) - **note change of time and location** – now 2nd and 4th Tuesdays, 1-3pm Ocean Breeze Room. Term 1 dates 10th and 24th February, 10th and 24th March.

Film Society – film appreciation group –(Co-ordinator and leader Rick Thompson). Meets weekly on Wednesdays 12.30 -3.30pm in the Excelsior Room. Full program at p.8.

Italian (Co-ordinator Margaret Stratton,) - Fridays during term, commencing 6th February and concluding 27th March 9.30 – 11am in the Ocean Breeze Room. No new members unless you already have some fluency in Italian.

Musical Journeys (Convenor – Alan Taylor) – **Note new time** - 1st and 3rd Tuesdays 11.00am to 1.00pm. in the Ocean Breeze Room. Term 1 dates – 3rd and 17th February, 3rd and 17th March.

Philosophy Forum (Coordinator Roy Tang) **Note new time and dates** now 1st and 3rd Tuesdays in the Ocean Breeze Room, 9.30 – 11.00am.

The Philosophy Forum is a self-supporting group who meet to discuss ideas and philosophical questions. While occasionally there are guest speakers, all participants are invited and encouraged to be involved in discussions, in planning the program, and in leading or facilitating sessions. Term 1 topics are:



3rd February - *What is True Happiness?*

17th February - *If you could choose one thing to change about the world what would it be? Why?*

3rd March - *What are my Obligations to the Poor?*

17th March *To what extent do you shape your own Destiny, and how much is down to Fate?*

The **Illawarra Socratic Society Annual Lecture** will be held at the Thirroul Community Centre on Wednesday 18th March – details not yet available.

THE FOLLOWING ACTIVITIES ARE HELD AT DIFFERENT LOCATIONS

Table Tennis (Convenor John Ryan) – Weekly Thursdays, 10.00am – 12.00pm at the Austinmer Uniting Church Hall, Moore Street, Austinmer, commencing 6th February.
Play for fun and fitness.

Illawarra U3A Choir (Convenor Margaret Stratton) - practices in Room 1-2 , close to the car park at the Wollongong Conservatorium of Music, Glenifer Brae, Murphy’s Avenue, Keiraville, Tuesdays during term, commencing 3rd February concluding 24th March .
New members very welcome – no auditions. . If you enjoy singing but can’t attend every practice, don’t worry, you are still welcome to come when you can, and join in our ‘gigs’ when we sing at U3A functions.

Heart Foundation Walking Group – join the Sandpipers every Thursday morning at Sandon Point car park, 9am for an hour, approximately 4km. walking. Several of our U3A members are in the group. For further information, talk to Wilma Johnson or Pat Johnston or just turn up.

IPAC - Merrigong Theatre Co. - there are several members who regularly attend the Saturday 2pm matinee sessions of the Merrigong Theatre productions at the IPAC in Burelli Street, Wollongong, then meet up after the show to discuss the play over coffee. If you’re interested, obtain a copy of the 2015 Season program, and make your bookings.
Concession prices are available if you book a season package of a minimum of 5 shows.

Upcoming shows are: 7th February - *Soap* 14th March – *Sweet Charity*
28th March – *Bravo Figaro*

STANWELL PARK OUTREACH GROUP

Meets Mondays at "Hillcrest", 15 Railway Ave, Stanwell Park, 9.30 - 12pm.

Co-ordinator – Jenny Lee-Robins (4294 3475 or 0406 460 025) or email
jennyleerobins@yahoo.com

Talks program from 9.30am, followed by morning tea at 10.30, then each week from 11am a program of Music Appreciation presented by Collette Ormonde and Jenny Lee- Robins

2 nd February	Ascent of Money (Dreams of Avarice)	DVD
9 th February	Des’ \$2.50 Travels by Train	Des Major
16 th February	The Question of Coal Seam Gas	Heather Saville
23 rd February	Banjo Paterson Poetry	John Watson
2 nd March	Ascent of Money (Blowing Bubbles)	DVD
9 th March	Aztec Exhibition	Jenny Lee-Robins
16 th March	Ascent of Money (Safe as Houses)	DVD
23 rd March	Pythagoras the Man	Jenny Lee-Robins (DVD)
30 th March	Ascent of Money (Chimerica)	DVD

All members of Northern Illawarra U3A are cordially invited to attend these sessions.

Excursions Term 1

There are no excursions currently scheduled for Term 1, but announcements may be made from time to time if any are arranged. Glad Doherty will co-ordinate any such events
ABC Tuesday Book Club filming may be available, but date details have not yet been received.
Joan Fleming will advise of any such events.

U3A NORTHERN ILLAWARRA FILM SOCIETY

Venue - Excelsior Hall, Thirroul Library and Community Centre, 12.30 - 3.30pm each Wednesday during term *commencing 28th January and concluding on 25th March.* Co-ordinator and Leader: Rick Thompson

Visitors are welcome. Guests not wearing a U3A name tag will be asked to contribute \$5 as a temporary membership. These sessions are about discussing film and film issues, not simply (if that is possible) watching them. A discussion session follows each screening. Short films or excerpts may accompany some programs. Those films marked * will be screened with subtitles for the hard of hearing.

January 28 ***The Gun Woman** (US, 1918, 50 mins). Directed by Frank Borzage; and ***Eleanor's Catch** (US, 1916, 15 mins). Directed by Cleo Madison. With Texas Guinan, Cleo Madison. Two examples of the busy cycle of mid-silent period films by and about women as central action hero/heroines, one a western, one a contemporary urban drama. [Tie-in with the 11am Talk on Texas Guinan]

February 4 **The Night of the Hunter** (US, 1955, 93 mins). Directed by Charles Laughton. With Robert Mitchum, Shelley Winters, Lillian Gish. Davis Grubb's novel about a murderous "preacher" and his antithesis, an old woman taking care of children in the Great Depression. Laughton's only film as director.

February 11 ***All Quiet On The Western Front** (US, 1930, 132 mins). Directed by Lewis Milestone. With Lew Ayres, Louis Wolheim. Archetypal World War I historical drama; early sound film with big budget effects and spectacle.

February 18 ***Thelma and Louise** (US, 1991, 129 mins). Directed by Ridley Scott. With Susan Sarandon, Geena Davis, Harvey Keitel, Brad Pitt. A female version of the road picture sub-genre. Two women accidentally find themselves wanted criminals and take to the highways for escape.

February 25 ***Port of Shadows** (France, 1938, 90 mins). Directed by Marcel Carne. With Jean Gabin, Michel Simon, Michele Morgan. The epitome of the 1930s French poetic realism film cycle. An army deserter searches for a better life but must deal with both his own past and Fate.

March 4 ***Chungking Express** (Hong Kong, 1994, 102 mins). Directed by Wong Kar-Wai. With Brigitte Lin, Tony Leung, Takeshi Kaneshiro. Breakthrough film for Hong Kong director Wong Kar-Wai. He follows the stories of various customers at a central and popular eatery. Romance, fun, and fine directing.

March 11 **Scarlet Street** (US, 1945, 101 mins). Directed by Fritz Lang. With Edward G. Robinson, Joan Bennett, Dan Duryea. Classic Lang film noir: a naive bank teller and amateur painter rescues a strange lady in distress one night and becomes trapped in her world.

March 18 ***The Best Exotic Marigold Hotel** (UK, 2012, 118 mins). Directed by John Madden. With Judi Dench, Bill Nighy, Maggie Smith, Dev Patel. Seniors'Week choice. Romantic comedy: seven English retirees take a bus to an old folks' resort in India and discover romance, relationships, and comedy in abundance.

March 25 ***Trouble in Paradise** (US, 1932, 82 mins). Directed by Ernst Lubitsch. With Miriam Hopkins, Kay Francis, Herbert Marshall. Lubitsch, master of the 1930s sophisticated romantic comedy of wit: two skilled professional thieves (one male, one female) meet, fall in love, and plan a big heist. Naturally, things are complicated by a love triangle.

The Art of Belonging
NSW Network Conference
April 29 – May 1 2015



U3A Southern Highlands
Extends a warm welcome to
ALL U3As in NSW.

- ✓ Keynote Speaker Hugh MacKay
- ✓ Tony Whittingham on
E-Learning
- ✓ Wonderful Workshops
- ✓ Great before & after Activities.
- ✓ Help Celebrate
our 20th Birthday

The Conference aims to be enjoyable,
informative and to provide the opportunity
for the exchange of ideas.

VENUE:
Mittagong RSL
Old Hume Highway
Mittagong 2575

U3A NETWORK NSW - ANNUAL CONFERENCE 2015

Hosted by Southern Highlands U3A

Wednesday 29th April– Friday 1st May at
the Mittagong RSL Club.

The Annual Conference is a great opportunity
to meet other U3Aers and to share ideas.

Full details for the program, registration,
accommodation and events are now available
at the front desk on Wednesdays, or download
from www.sohiu3a.org.au under the
Conference menu tab.

As the conference is nearby (for us) it is hoped
that we can organise a good attendance and
maybe a minibus to ferry members on the
main day, 30th April. 'Early bird' registration
fee is \$65 if paid by 15th March.

If you are interested in car pooling or minibus transport, please sign on the Conference
sign-on sheet. Minibus cost is approximately \$20 (to be confirmed).

Are you interested in participating in a research project and possibly winning an iPad or \$500?

A national research project is currently underway examining the social connections of older Australians and what interventions work to reduce social isolation. Research has found both in Australia and overseas that people's social connections are declining and this can lead to feelings of social isolation and loneliness. Our social networks allow us to share information, to learn, to be of value and to be valued. They are essential to wellbeing.

The research project is seeking the experiences and views of older Australians aged 65 years and over living in the community (not residential care). We wish to gain an in-depth knowledge and understanding of older people's experiences in terms of social connections, social support, loneliness and social isolation.

This research will assist service providers in developing policy and practice to improve older peoples' lives. To take part in the study you can complete the survey online at:

https://www.surveymonkey.com/s/social_connection

or alternately, a paper copy of the survey can be mailed to you. Call Debbie Faulkner to request a survey or for further information on FREECALL 1800 789 199; 08 8313 3230; or email: debbie.faulkner@adelaide.edu.au

All people taking part in the survey may enter into a draw to win an iPad or \$500 (first prize) or one of twenty prizes of \$100 each.

The survey opened on Wednesday 12 November 2014 and closes on the 31 March 2015. This is a national research project involving a number of universities and a range of partner organisations and has been approved by the relevant Human Research Ethics Committees.

Management Committee 2015 - Contact Details

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The Newsletter of the U3A of the Northern Illawarra is produced five times a year, providing advance notice of courses, speakers and topics, and other activities for each Term. Each edition will be available for collection on the first day of Term 1, and on the final day of each term, to give advance notice of activities in the following term.

If you wish to have your Newsletter posted to you, hand or send a stamped self-addressed envelope marked “U3A Newsletter” to Ainslie Lamb, 12 Station Street, Corrimal 2518.

Contributions for the newsletter are invited from members and from other U3A branches. Contributions should not exceed 200 words, or a half page maximum. Send typed contributions to the Newsletter Editor, by email – ainslielamb@gmail.com or to 12 Station Street Corrimal 2518. Email is preferred as it is easy to download into the Newsletter. Include your own name and phone number.

Deadline for Term 2 2015 Newsletter – Wednesday 11th March 2015