



## U3A Northern Illawarra Inc A Bridge to Learning



Newsletter No. 97

Editor: Ainslie Lamb

Term 1, 2023

### PRESIDENT'S MESSAGE

Welcome back to U3A Northern Illawarra and all of the very best to you for 2023.

Does it seem that time is passing by faster? Einstein claimed that time "is relative" and how a clock measures time is quite different from how we perceive time. Some experimental studies have shown that older people perceive time quite differently from those who are younger, yet it is not exactly clear why those in the third age of life tend to perceive time as speeding along. One recent theory suggests that it has something to do with changes in neural signal processing as we get older. And to confuse more, another recently published study conducted during the Covid lockdowns in the UK, found that time seemed to pass more slowly for older, compared with younger, participants in the study. Clearly there is a lot more research required on this topic.



Thank you again to those who responded to our survey at the end of last year. We received responses from about one-third of our membership with some valuable suggestions. For instance, one question asked your opinion about retaining two presentations on Wednesday, or not. Given that opinion was fairly evenly divided, the Management Committee has decided to retain two Wednesday speakers, at least for the time being. We are also looking into the possibility of expanding the range of our special interest groups.

The Wednesday morning session is the flagship event of the week. Thank you to David Muscio for his tireless efforts in putting on a diverse and interesting program in term 1, including Australian history, a talk by someone involved in the archaeological diggings in Indonesia, the role of social media in contemporary society, a poetry "slam" and more. Don't forget the annual debate in term 1 with Bulli High School...a significant community event. I strongly urge you to attend U3A on a Wednesday thereby supporting those speakers who have gone to the trouble of preparing a presentation for us.

Finally, a reminder that membership fees are now due: \$50 per annum or \$25 for 6 months. If you can pay for the year please do so; it simplifies things for Geoff our Treasurer.

With best wishes,

*Patrick*

We pay our respects and acknowledge the traditional custodians of the Land on which we meet, the Dharawal and Wadi Wadi people, whose country extends from the area around Helensburgh to the Shoalhaven River, and pay our respects to Elders past, present and future

## **PAYMENT OF 2023 MEMBERSHIP FEES AND UPDATING PERSONAL INFORMATION**

The annual membership fee for 2023 remains at \$50 – what a bargain!. You can pay the full amount at the beginning of Term 1 or, if you prefer, you can pay in two \$25 instalments at the beginning of Terms 1 and 3.

The preferred method of payment is by Electronic Funds Transfer (EFT).

The U3A bank details are: Bendigo Bank, Fairy Meadow branch,  
BSB: 633 000 Account Number: 187 964 762  
Account Name: U3A Northern Illawarra  
Reference: Your surname and initial

If you aren't able to pay by EFT you can pay in cash to the treasurer at the Wednesday talks.

I also encourage members to update their personal data via the **MyU3A link** on our website. This information is very useful to the Committee in helping us tailor our programs to your needs. It is also possible that your contact details or those of your 'emergency contact' may be out of date making communication difficult. You can do this by going to the U3A Northern Illawarra website, clicking on the 'Member Login' button then 'Login here'. You will then be asked for your member ID and Password. Then select the 'Update profile' button at the bottom of the screen, make any changes and select 'Commit'.

New members will need to complete a membership on application available on our website. If you are not able to use MyU3A, please complete a Membership Application that can be downloaded from <https://northernillawarra.u3anet.org.au/> and bring it with you, together with your membership fee in cash or evidence of EFT and hand in to the Treasurer at Wednesday Talks or to your Special Interest Group co-ordinator.

Whichever method (online or paper version) you use to become a member of U3A NI, you will automatically be registered with MyU3A.

If you need assistance just email [help.u3a.nillawarra@gmail.com](mailto:help.u3a.nillawarra@gmail.com).

### *How to obtain Your U3A Membership Badge*

An email will be sent when your badge is available for collection at Wednesday Talks.

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### **2023 Term dates – note them in your diary now –**

Term 1 - Wednesday 1<sup>st</sup> February to Friday 31<sup>st</sup> March

Term 2 - Monday 24<sup>th</sup> April to Friday 23<sup>rd</sup> June (no classes 25<sup>th</sup> April or 12<sup>th</sup> June)

Term 3 - Monday 17<sup>th</sup> July – Friday 15<sup>th</sup> September

Term 4 – Monday 9<sup>th</sup> October to Wednesday 29<sup>th</sup> November

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A **Happy Lunar New Year** to you all, especially if you were born in the **Year of the Rabbit**. In the Chinese horoscope, 2023 is the Year of the Rabbit or, more specifically, the Year of the Water Rabbit. The rabbit is believed to be the luckiest of the 12 animals to be born under and considered a gentle animal that thinks before acting. The Year of the Rabbit represents **peaceful and patient energy**.

*A priest, a rabbit, and a minister walk into a bar. The bartender asks the rabbit, "What'll you have?"  
The rabbit says, "I dunno. I'm only here because of Autocorrect."*

## POETRY 'SLAM' - 11am session Wednesday 29<sup>th</sup> March

Everyone's a poet - how do poems grow? They grow from your feelings and experience. They do not have to be complicated or flowery. "Poetry is when an emotion has found thought and thought has found words" (Robert Frost). Even bad poetry springs from genuine feeling (Oscar Wilde). Although G K Chesterton once observed that poets have been mysteriously silent on the subject of cheese – maybe that's a challenge.

Members are invited to recite a poem they have written. Write about whatever interests you, in whatever style suits you – medium, short, any topic, free verse or rhyming (it's all about the rhythm), limerick, haiku, amusing, satirical or serious – which can be read in no more than three minutes. A poem has no rules, it is whatever you want it to be – RELEASE YOUR INNER POET!!

Let Ainslie know in advance (ainslie2518@gmail.com) if you would like to read your poem or have someone read it for you, so we can plan the session. It's going to be a lot of fun.

**VOLUNTEERS** are the backbone of a community organisation like U3A. We thank those members who contribute as committee members, group leaders and in myriad other ways each week. Some have been doing these background jobs for years and need a break. Here are four areas where we need more volunteer support –

**Wednesday morning tea roster** – talk to Margaret about what it involved, and put your name into the roster which is located on the table near the entrance of the hall. No volunteers means no morning tea.

**A tech-savvy volunteer** (need not be a member) who is willing to attend on Wednesdays to set up the powerpoint projections and microphones for talks presenters – not a complicated technical role but an essential one - talk to Patrick and Peter about what is involved.

**A Facebook administrator** - a person (a member or maybe a member's grandkid) who can establish and maintain a Facebook page for our U3A, including taking or collecting (on Wednesday mornings and from group leaders) photographs of U3A activities to put up on the page. This is an important source of publicity which can attract new members to U3A – talk to Patrick, Margaret or Joan.

**A tutor to teach Creative Writing** . The recent survey of members indicated that many would like a Creative Writing group to be re-established – we had one for several years which produced publications of members' work and encouraged them to submit their work to writing competitions. Is there a former English teacher among our membership, or who is known to members, who would like to volunteer to do this? If so, please contact Ainslie (4283 7818) to discuss what would be involved.

In the meantime, the South Coast Writers Centre, located in Coledale, is a not-for-profit organisation that aims to support writers in all stages of development of their craft. It offers several events and courses. For information, go to [www.southcoastwriters.org.au](http://www.southcoastwriters.org.au)

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### **BRAIN TEASER:** (answers p. 8 )

1. What countries are most northerly, southerly, easterly and westerly in the African continent?
2. What US States are the most northerly, southerly, easterly and westerly?

## WEDNESDAY TALKS PROGRAM - TERM 1 2023

At the Excelsior Hall, Thirroul Community Centre, Lawrence Hargrave Drive, Thirroul

**Please do not attend if you feel unwell with Covid-like symptoms**

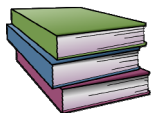
*Note - The timetable may change on occasion - **the** best way to stay up to date is by checking the Latest Wednesday Program menu button on the top of the U3A home page at [www.northernillawarra.u3anet.org.au](http://www.northernillawarra.u3anet.org.au)*

<b>Date</b>	<b>Time</b>	<b>Speaker</b>	<b>Topic</b>
February 1	9.30am	Alison Byrnes MP	My First 6 months as a Federal Member of Parliament
	11,00am	President and Special Interest Group Convenors	Introduction to U3A “works” and activities 2023
February 8	9.30am	Jackie Bailey, Author, Researcher, Celebrant	<i>The Eulogy</i> : debut Australian novel of Family, Loss and Love
	11.00am	Professor Joseph Ciarrochi, Institute of Positive Psychology and Education, Australian Catholic Univ.	What makes you stronger : Discover the skills you need to face change and uncertainty with confidence.
February 15	9.30am	Dawn Crowther, author and historical researcher	Secrets of the Seacliff Bridge
	11.00am	Daisy Loomes, researcher in media studies and international relations	Investigating the Alt-Right Movement on social media platform of Youtube
February 22	9.30am	David Goss, U3A member	Stages in Australia’s History
	11.00am	Lilliana Barone, Illawarra Health and Medical Research Institute	Fitness as we age
March 1	9.30am	Sandra Pires, local filmmaker , director of Why Documentaries	Yesterday Stories: Oral History shaping the Australian narrative
	11.00am	Dr Gerrit van den Bergh, Centre for Archaeological Science, University of Wollongong	Islands of the Small Giants: When our distant cousins reached the island of Flores more than a million years ago.
March 8	9.30am	Dr. Karen Williams, Consultant Psychiatrist, Ramsay Clinic, Thirroul	Trauma Informed Mental Health Care for Women
	11.00am	Jo Oliver, children’s author and illustrator	Adelaide Perry: artist and teacher
March 15	9.30am	Mitch Golding, Environmental Health Officer, Wollongong CC	Sustainable Wollongong
March 15	11.00am	Maureen Bartlett, author (personal	Flower Girl: Who’s Watching

		story)	Our Children?
March 22	9.30 – 11.00am	Annual Debate: U3A Northern Illawarra v. Bulli High School	<i>That Social Media is Detrimental to Society</i>
March 29	9.30am	Vic Chapman, proud Yawaalaraay man, and respected Elder.	Yarning with Uncle Vic Chapman, educator, artist and mentor (with Cathy Bloch)
	11.00am	U3A members (organised by the Reading Aloud Special Interest Group)	Poetry Slam! (see p. 3 for details)

**Co-ordination of the Wednesday Talks Program** – The Term 1 program has been co-ordinated by David Muscio ([dtmuscio@gmail.com](mailto:dtmuscio@gmail.com)) – Contact David if you would like to make a presentation or can suggest some good speakers and how to contact them.

**Morning tea** is provided between sessions on Wednesday. Please put a gold coin in the collection box or if you prefer, pay for the whole term with 2 \$5 or one \$10 note.



This term, Dorn's "bring and buy" **bookstall** will be held on 15<sup>th</sup> February and 15<sup>th</sup> March. Bring along 1 or 2 good books or magazines. Proceeds go towards U3A recurrent expenses. Beautiful handmade cards from Sandy Brenchley also available.

**One nut stands head and shoulders over the rest when it comes to brain and heart health.**

*Janelle Ward, Your Life Choices, 11 March 2022*



All nuts contain healthy fats and are low in unhealthy saturated fats. Provided they're not covered in salt, nuts will help keep your heart healthy by reducing the level of 'bad' cholesterol (officially known as low density lipoprotein or LDL cholesterol).

Research has been building for decades that walnuts, which are rich in omega-3 acids and antioxidants, are high in protein, fibre, phosphorus and magnesium, are valuable additions to your diet. Studies now conclude that walnuts can slow the spread of amyloid beta proteins that build up in the brains of Alzheimer's patients. The *Beneficial Effects of Walnuts on Cognition and Brain Health* study, based on a 10-month study of Alzheimer's mice and a number of existing research projects, found evidence that "early intervention with a walnut-enriched diet can reduce the risk and/or delay the onset or slow the progression of cognitive decline and dementia". The authors, Professor Abha Chauhan and Dr Ved Chauhan, say the antioxidant and anti-inflammatory components of walnuts act to reduce "the elevated oxidative stress and inflammation involved in the ageing process and dementia.". The study said that 28 to 56 grams of walnuts per day was recommended.

**SPECIAL INTEREST GROUPS AND CLASSES DURING TERM**  
**held at the Thirroul Community Centre**

New members are welcome at all our groups – however, due to room sizes there are some limits on the numbers who can actually attend. For further information, contact the co-ordinator.

**Please do not attend if you feel unwell with Covid-like symptoms**

Don't forget to wear your membership badge!

**Arts Hub** - (Convenor - Ainslie Lamb, Ph: 4283 7818 email:ainslie2518@gmail.com) –  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 11 – 12.30pm, Ocean Breeze Room. The program utilises quality DVDs on subjects of art and artists, music and musicians, architecture and other genres of artistic or cultural interest. Attendance limit 20 people. Term 1 program:

14<sup>th</sup> February – *Vermeer and Music* (National Gallery London)

28<sup>th</sup> February - *The Art of Ancient Greece and Rome (Lecture from the Metropolitan Museum of Art, NY)*  
- *Pompeii Reconstructed – A Virtual Tour (2012)*

14<sup>th</sup> March - *The Original Three Tenors Concert (1990) – Pavarotti, Domingo, Carreras.*

28<sup>th</sup> March - *Bicycle Thieves* (Italy, 1950, dir. Vittorio de Sica)

**Australian/Pacific Studies** (Convenor – Barbara Cranfield (jbcran @ tpg.com.au)

2<sup>nd</sup> and 4<sup>th</sup> Mondays, 1.30 – 3pm, Black Diamond Room . Attendance limit 20 people.

There are usually two topics introduced each session, each prepared by a member, followed by discussion.

*February 13 -*

1. The Truth about Australia's Indigenous History - - John Cranfield
2. Billy Hughes and World War 1 – Toni Conley

*February 27:*

1. Truth in Photography: Frank Hurley v. Charles Bean – Aileen Harland
2. The Bigge Report – David Muscio

*March 13 –*

1. A View of Australian Mining – Peter Lamb
2. People Who Have Influenced Australian History – group contributions

*March 27 –*

1. A Very Rum Beginning – Sydney 1788 – 1800 – Barbara Cranfield
2. When I was Young ...- Group contributions

**Balance'n'Bones** (Co-ordinator - Helen Whelan. 0419 983 265 . Email:helen@dispoiled.com).

Gentle aerobic, balancing and stretching exercises for both men and women.

Due to demand, two sessions are now held weekly, but you may register and must remain in one class only (limit 20 persons each class). Excelsior Hall (enter from TCC main side entrance of hall).

Mondays 9.30 – 10.30am and 10.30 – 11.30 commencing 6<sup>th</sup> February, until 27<sup>th</sup> March

Wear light clothing, flat shoes, bring own weights if you have them, and water bottle.

**Book Clubs** – meet Tuesdays 1.30- 3pm – Ocean Breeze Room, all limited to 12 persons.

**1<sup>st</sup> Tuesday – Classic Book Club** - (Co-ordinator Beverley Walker ([walkerbeverley975@gmail.com](mailto:walkerbeverley975@gmail.com))) –  
7<sup>th</sup> February, 7<sup>th</sup> March

**2<sup>nd</sup> Tuesday Book Club** - (Co-ordinator Lyndall Dawson ([lynfount40@gmail.com](mailto:lynfount40@gmail.com))) 14<sup>th</sup> February, 14<sup>th</sup> March

**3<sup>rd</sup> Tuesday Book Club** – (Co-ordinator Helen Wilson ([heleniwilson@bigpond.com](mailto:heleniwilson@bigpond.com))) 21<sup>st</sup> February, 21<sup>st</sup> March. The Third Tuesday Book group is reading Australian biographies and autobiographies this year. We have one spare space; contact [heleniwilson@bigpond.com](mailto:heleniwilson@bigpond.com) if you're interested in joining. The first meeting in February will discuss Hilary Lindsay, *The Washerwoman's Dream - The extraordinary life of Winifred Steger 1882-1981*, (2002)

**Brain Games** (Co-ordinator Ainslie Lamb) – 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays , 9.30 –11am, in the Ocean Breeze Room. Term 1 dates - 14<sup>th</sup> and 28<sup>th</sup> February, 14<sup>th</sup> and 28<sup>th</sup> March. Attendance limit 20 persons. A variety of amusing puzzles, activities and creative challenges to stimulate different parts of the brain. Bring clip board, paper, pencil and a sense of humour.

**The Current Affairs group** meets on the first and third Monday of the month at 1:30pm to 3pm in the Ocean Breeze Room. After welcome and introduction to any new participants, an around the room scan (we sit in a circle) is conducted to provide a clearinghouse of public affairs that have come to our attention in the preceding two weeks since the last meeting. Two topics previously agreed are then discussed in turn. An attempt is made to balance domestic Australian and international events but some topics are thrust upon us with their media prominence or urgency and impact. Time is left at the end for “looking ahead” to topics for the next session. Term 1 dates are February 6<sup>th</sup> and 20<sup>th</sup>, March 6<sup>th</sup> and 20<sup>th</sup>. Attendance limited to 20 persons.

For further information contact Convenor David Muscio at [dtmuscio@gmail.com](mailto:dtmuscio@gmail.com) or 0434 292 964

**Drama Group** – (Co-ordinator Joan Fleming ([jonicat7@gmail.com](mailto:jonicat7@gmail.com)), Tutor Sharon Vickery , Develop the skills of body & sensory awareness - listening skills, memory, observation skills, body language skills, learning to think on your feet, creative thinking, commanding & sharing focus, learning to give positive feedback, play building skills, interpretive skills, trust.

1st and 3rd Mondays, 11am – 12.30pm, Escarpment Room.  
Term 1 dates - 6<sup>th</sup> and 20<sup>th</sup> February, 6<sup>th</sup> and 20<sup>th</sup> March,  
Attendance limit 20 persons - more members welcome. At this stage.

**Drawing and Painting** (Co-ordinator and tutor Jeanette Southam, Ph. 4285 1986) – 2<sup>nd</sup> and 4<sup>th</sup> Mondays , 11.00am-12.30pm Escarpment Room. Attendance limit 16 persons. Unleash your creative talents for visual expression or just for the joy of it. Term 1 dates – 13<sup>th</sup> and 27<sup>th</sup> February, 13<sup>th</sup> and 27<sup>th</sup> March. We always start the year with basic drawing skills and later go on to painting. I advise each member by email what we are going to do prior to each meeting so they can be prepared. As there are varied abilities some will do their own thing while in class (cards, watercolour etc).

**U3A Northern Illawarra Film Appreciation Group –**

Weekly Wednesdays, 12.30 – 3.00pm in the Excelsior Hall, Convenor Virginia Cawsey ((vcawsey@gmail.com) Leader Rick Thompson.

*Term 1 commences 1<sup>st</sup> February, concludes 29<sup>th</sup> March - See pp.10-11 for Term 1 program.*

**Italian Conversation** (Convenor - Freda Turner, freda.turner45@icloud.com) Tutors: Pina MacPherson and Laura Honner – Venerdi (Fridays) during term, *commencing 3<sup>rd</sup> February and concluding 31st March.* Open to anyone with some experience in Italian.

**Introduction to Italian Opera** (Convenor Patrick Heaven (Ph: 0448 061 951) Ocean Breeze Room, 1st and 3<sup>rd</sup> Thursdays, 1.00 – 2.30pm. Term 1 dates – *2<sup>nd</sup> and 16<sup>th</sup> February, 2<sup>nd</sup> and 16<sup>th</sup> March.*

A beginner's guide to the most popular Italian operas currently still performed. If you enjoy musicals, you might enjoy the stalwarts of the Italian repertoire. This term we will listen to and discuss Donizetti's *Lucia di Lammermoor*.

**Philosophy Forum** (Convenor Roy Tang; Email: rtang@hotmail.com) –

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 9.30 – 11.00am in the Ocean Breeze Room. Attendance limit 20 persons

*7<sup>th</sup> February - Will a world without reliance on modern technology progress?*

*21<sup>st</sup> February – Is a family still relevant in the modern world/*

*7<sup>th</sup> March – Will Racism cease to exist?*

*21<sup>st</sup> March – When is it OK to lie?*

**Reading Aloud** (Convenor Ainslie Lamb, email : [ainslie2518@gmail.com](mailto:ainslie2518@gmail.com))

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 11.00am – 12.30pm, Ocean Breeze Room. Attendance limit 20 persons.

*Term 1 dates 7<sup>th</sup> and 21<sup>st</sup> February, 7<sup>th</sup> and 21<sup>st</sup> March. .*

Reading aloud to others is a great way of sharing reading you find interesting, and an opportunity to listen and reflect on other times, other viewpoints, other possibilities.

The convenor chairs the program, but participants bring to share and discuss a wide range of readings – humour, poetry, stories, philosophy, magazine articles and whatever else takes our members' fancy.

Non-readers are warmly invited as listeners.

*A wife asks her husband, "Could you please go to the corner shop for me and buy a carton of milk, and if they have eggs, get 6."*

*A short time later the husband comes back with 6 cartons of milk.*

*The wife asks him, "Why did you buy 6 cartons of milk?" He replies, "Because they had eggs."*

**ANSWERS TO BRAIN TEASER:**

1. Tunisia, South Africa, Somalia, Senegal.
2. Alaska is the northernmost, easternmost, and westernmost state. Hawaii is the southernmost.



## SPECIAL INTEREST GROUPS HELD AT OTHER LOCATIONS

### **Lawrence Hargrave U3A Stanwell Park**

1A Railway Crescent, Stanwell Park, Hillcrest House, behind Kennett Home and Hillcrest Village

Mondays 9.30 am to 12.30pm. The first Session begins at 9.30am and usually has a guest speaker. The second Session begins at 11am after Morning Tea. The second session is usually Music Appreciation. For further information contact Jenny on 4294 3475 or 0406 350 025

<b>Date</b>	<b>Topic</b>	<b>Speaker or source</b>
6 <sup>th</sup> February	Testament Series 4 "Gospel Truth"	YouTube
13 <sup>th</sup> February	Pablo Neruda, Nobel Prize Winning Poet, Politician and Diplomat	David Christian
20 <sup>th</sup> February	Current Affairs	Members
27 <sup>th</sup> February	Nikola Tesla, Inventor <i>and</i> Tesla the car	Sue Rejske
6 <sup>th</sup> March	Illawarra Women Who made a Difference	Kerrie Anne Christian
13 <sup>th</sup> March	Pluto – Past, Present and Future Predictions	Jenny Lee-Robins
20 <sup>th</sup> March	The Enigmatic Dr H V Evatt	Ainslie Lamb
27 <sup>th</sup> March	The King in the Carpark – Richard III	Judy Bull

**Illawarra U3A Choir** (Convenor Margaret Stratton, Musical Director Jean Horgan) - practices in Room 1-2 , close to the car park at the Wollongong Conservatorium of Music, Glenifer Brae, Murphy's Avenue, Keiraville, from 1 – 3pm on Tuesdays – *commencing 7<sup>th</sup> February*. New Members welcome. For further information email Jean Horgan at [jlhorgan85@gmail.com](mailto:jlhorgan85@gmail.com) or ring Margaret Stratton on 0411 526 899. Please bring water to drink, a blue plastic folder (to hold music scores) and a pencil.

From time to time the Choir gives concerts , to local retirement villages and other venues. The Choir includes members of other local U3As as well as Northern Illawarra.

**Table Tennis** – (Coordinator Terry Newnham, [terrynewham@bigpond.com](mailto:terrynewham@bigpond.com)) – weekly on Tuesdays and Thursdays, 10 am – 12pm at the Bulli-Woonona RSL Club, Princes Hwy, Woonona. All gear (bats, table tennis balls etc) is provided, but players should wear appropriate footwear and bring a water bottle. Play for fun and fitness. Attendance limit – 20 persons per session. Membership of the RSL Club is recommended as it provides the venue to us for free.

**Sandpipers Walking Group** – along the sea shore from Sandon Point Carpark. David Muscio will lead this activity for anyone interested in a morning walk. Affiliation with the Heart Foundation is being arranged. Walkers meet on Thursdays at 8:15am. Wear comfortable clothes and shoes and bring a water bottle. Dogs on leashes welcome. For further information, contact David at [dtmuscio@gmail.com](mailto:dtmuscio@gmail.com) or phone 0434 292 964.

## U3A NORTHERN ILLAWARRA FILM APPRECIATION GROUP – TERM 1, 2023

Venue - Excelsior Hall, Thirroul Library and Community Centre, 12.30 - 3.30 each Wednesday during term *commencing 1<sup>st</sup> February* (Convenor – Virginia Cawsey ([vcawsey@gmail.com](mailto:vcawsey@gmail.com)))

Leader – Rick Thompson.

These sessions are about discussing the film(s), not simply watching them. A discussion follows each screening. Short films or excerpts may accompany some programs

This term our program moves on into the 1940s, a decade of great change and uncertainty, not unlike our own time. New ways of telling stories were emerging, the western genre was evolving, political situations were satirised, Japanese films dealt with the lot of women in the wake of World War II and new filming techniques arrived. We would be delighted to welcome more members to join us on this interesting journey.

**1 Feb** *CITIZEN KANE*, dir. Orson Welles, USA, 1941, 96 mins.. With Welles, Joseph Cotten, Everett Sloane, Agnes Moorhead, Dorothy Comingore, Ray Rollins. Hailed not only as the beginning of Welles' career, but as the universal model for modern film narrative form and techniques — it tells the story of a modern newspaper magnate's rise to power and the ensuing complications. Provided new narrative approaches and techniques to the future cinema.

**8 Feb** *STAGECOACH*, dir. John Ford, USA, 1939. 96 mins. With Claire Trevor, John Wayne, Andy Devine, John Carradine, Thomas Mitchell, Louise Platt, Tim Holt. Ford lifts the western genre into feature length and adult themes and situations of complexity as a group of strangers, each with different backgrounds and aims, board a stagecoach to cross the desert. They are faced with various problems — and opportunities as the journey develops into more complex encounters. The model for ensuing Hollywood western genres structuring.

**15 Feb** *THE GREAT DICTATOR*, dir. Charles Chaplin, USA, 1940. 128 mins. With Chaplin, Paulette Goddard, Jack Oakie, Billie Gilbert. Silent film comedy great. Charlie Chaplin's first talkie combines slapstick, satire, and social commentary; he plays a dual role as Jewish ghetto barber, and as dictator Adenois Hynkel of Romania. Obviously, the film gives a great deal of attention to contemporary political developments.

**22 Feb** *THE BIG SLEEP*, dir. Howard Hawks, USA, 1946, 114. mins. With Humphrey Bogart, Lauren Bacall, Martha Vickers, Dorothy Malone, John Ridgely. From Raymond Chandler's novel; screenplay by William Faulkner, Jules Furthman, Leigh Brackett. In Chandler's first hardboiled novels, one of the murders involved is never figured out... even in Chandler's novel. Basic film noir with Bogart's cool approach and Hawks' very sly direction.

**1 Mar** *TUMBLEWEEDS*, dir. King Baggot and William S. Hart, USA, 1925, 86 mins. With William S. Hart, Barbara Bedford, Lucien Littlefield, J. Gordon Russell, Richard R. Neill. As a young man, Hart worked on a cattle drive, then opened a riding school. From 1890-1910, he was a stage actor. Thomas Ince befriended him, and he became the first film cowboy hero, making the then-norm, two-reeler 20 minute films. Then he made the feature-length *TUMBLEWEEDS*, a major early western set in the Cherokee strip landrush, a complex film about many aspects of frontier life.

**8 Mar.** *NOTORIOUS* dir. Alfred Hitchcock, USA, 1946, 102 mins. With Cary Grant, Ingrid Bergman, Claude Rains, Louis Calhern. Hitchcock's transition to American cinema: an allegory of love and

betrayal. American intelligence agent Grant enlists Bergman's aid in the investigation of a spy ring in Rio; as her involvement grows, she marries the slick head of the Nazi ring. Grant is then faced with the desperate situation and admits he has loved her all along...very Hitchcock.

**15 Mar** *REPAST* dir. Mikio Naruse, Japan, 1951, 98 mins. Set shortly after World War II, Mishiyo (Setsuko Hara) from Tokyo has married salaryman, Hatsunosuke (Ken Uehara) against her parents' wishes and settled in Osaka, where she is worn down by domestic drudgery and her husband's indifference. The plot thickens when her pretty niece, Satoko (Yukiko Shimazaki) comes to live with them, fleeing an arranged marriage. The film reflects common people - you and me. [Shomigeiki]

**22 Mar** *BRIEF ENCOUNTER*, dir. David Lean, Great Britain, 1945. 85 mins. With David Lean, Celia Johnson, Trevor Howard, Stanley Holloway, Cyril Raymond, Two strangers, both married, meet in a railway station...a brief but poignant, intense affair ensues, backed by Rachmaninof's Second Piano Concerto. Adapted by Noel Coward from his one-act play "Still Life".

**29 Mar** *IT'S A WONDERFUL LIFE* Frank Capra, USA, 1946. 130 mins. With Janes Stewart, Donna Reed, Lionel Barrymore, Thomas Mitchell, Gloria Grahame, Ward Bond, Beulah Bondi. Sad smalltownner Stewart becoms suicidal, thinking he has failed; his guardian angel comes to show him his mistake, and together they (and of course, behind the scenes, Capra) find a new way of life for him.

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### **THE DUSTY STAIRCASE - Reflections on a visit to the Ruins of Akrotiri (Santorini) Greece in 1993, by Tamara Jero**

Nearly four thousand years after a volcanic eruption in 1650 BCE, we walk through the main street, with its silent shops and a dusty staircase – eerie, quiet. Like Pompeii, this place Akrotiri, suffered a similar fate, but with one essential difference. The peoples fled the island just before the majestic dragon breath of volcanic plumes of Pyrricia's smoke descended onto the city, covering it with layer upon layer of ash. Did they heed the prophets ?

What majesty of achievements were buried by the fiery sulphurous wrath of Chimera-styled gods. Haephoestus and Vulcan, the gorgons of volcanic fires? There were libraries, fancy beds, shops, lamps, windows, altars, bookcases, complex sewerage systems, a plethora of cutlery, potteries and decorated large pots, chairs and a dusty staircase.

I ask about the most common symbols surviving here in Akrotiri – the spirals and the cross in the circle. Lots of snakes too. These symbols are ubiquitous in the altars, vases, pots, vessels, frescoes, windowsills and what little is left of walls and gates. They are the signs of Mother Earth..

We are told that "Gaea", also known as "Rhea", "Dyhtinna" and Mt Dickte or "Ge" means the Great Earth. These peoples did not take Earth for granted (at least in her early eras), her living spirit honoured by milk and honey libation at every sunrise, sunset and planting seasons and thanksgiving harvests. They must have heeded the warnings from seers and prophets. No-one stayed behind. One wonders, "What were they thinking as they descended the dusty staircase for the very last time, knowing they would never return?"

## **PROPOSAL FOR THERAPEUTIC YOGA CLASSES ( for people over age 50)**

In the recent survey, several members indicated that they would like U3A to provide Yoga classes. This of course requires a qualified yoga teacher, which we do not have among our members. Another member has asked if U3A would be able to introduce classes in **Therapeutic Yoga** as conducted by a local professional yoga teacher called Hazel Storey ( her leaflets are available in the TCC foyer leaflet stands). This is a commercial operation, but it is a principle of U3A that it is a volunteer organisation, non-commercial and its policy is not to promote any commercial product or operator. However, some other U3As have come to arrangements to pay tutors of specialised activities such as yoga and tai chi where members want that activity but only a professional person is available to deliver it.

Hazel is prepared to offer a weekly yoga course of one hour, for a maximum of 10 participants, for a substantially reduced fee of \$90 per session (by comparison, Hazel says she normally charges individuals \$25 per session) , payable monthly in advance. Her preference is Thursday mornings. U3A will pay for room hire, during term time only, but requires a minimum of 10 participants to justify hiring a room.

If we accept this offer, It would be on the basis that 10 members will commit to regular attendance and pay Hazel's fee direct to her at the rate of \$36 each, monthly in advance. The financial implications must be managed so that U3A does not incur expense if any participant fails to attend and/or pay the fee. One member will also be required to volunteer as the convenor of the group, responsible for meeting U3A requirements(a Group Leaders Handbook will be provided) .

**If you are interested in joining this class**, on these conditions, please contact Ainslie ([ainslie2528@gmail.com](mailto:ainslie2528@gmail.com) or 4283 7828) by **Friday 17<sup>th</sup> February**, so that if 10 people are interested, arrangements can be made for the class to start as soon as practicable.

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## **U3A NORTHERN ILLAWARRA INC - CODE OF CONDUCT**

U3A Northern Illawarra Inc. is a self-help non-profit community education organisation for retirees which provides members with the opportunities to maintain mental, social and physical fitness and to retain independence and self esteem.

As a member you agree to -

- Respect others and their rights to learn and teach
- Look after all property and the environment in which we work
- Act responsibly so that the reputation of our association is maintained
- Treat others fairly and resolve conflict with fairness and dignity
- Do not accept bullying or harassment from or towards others
- Value what each member contributes to the group
- Work in a voluntary capacity and not use U3A for personal or financial gain.

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*Thankyou to the staff of Alison Byrnes MP's office, who print our newsletter.*

## U3A NORTHERN ILLAWARRA Inc - CONTACT DETAILS

### Management Committee 2023

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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.

The Newsletter is distributed by email , however, some copies will be available for collection from the first day of Term 1, and on the final day of each term, to give advance notice of activities in the following term. The Newsletter can also be accessed on [www.northernillawarra.u3anet.org.au](http://www.northernillawarra.u3anet.org.au)

If you prefer to have your Newsletter posted to you, hand or send a stamped self-addressed envelope marked “U3A Newsletter” to Ainslie Lamb, Unit 1, 10 Station Street, Corrimal 2518. If you no longer wish to receive the newsletter by email, please advise [ainslie2518@gmail.com](mailto:ainslie2518@gmail.com)