



Adelaide Hills Summer Newsletter 2023-24

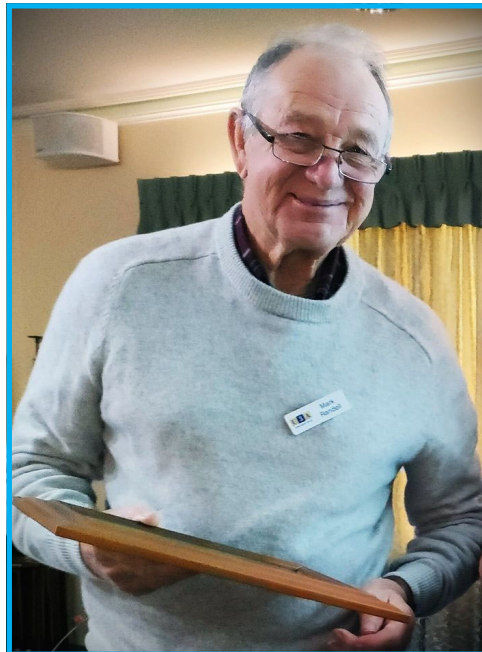


FROM THE AGM

Mark Randell's ongoing commitment to U3A Adelaide Hills for almost two decades was recognised at the recent AGM. Mark, known for his many wonderful and well-researched presentations on a broad range of topics, also served on the Committee including that of filling the role of Chair for four years and that of Public Officer. He also started our first ukulele group, acted as presenter and organiser for numerous courses, even adding 'tour guide' to his repertoire and was often invited to present at other organisations, including other U3As.

Congratulations Mark - and thank you!

Susan Smalldon on behalf of committee



U3A AH Chairperson's report – 2022 – 2023 AGM September 29, 2023

Twelve months have passed since our last AGM, and we now have one term left of this year. It has been another interesting year, with exciting new courses, new members, and memories of Covid 19 fading for most of us. Please continue to take care, and take advantage of the next vaccine being offered to seniors and vulnerable people.

Our membership has gradually grown through the year, from 268 in February to 301 now. This equates to **1,653** face-to-face volunteer hours by presenters, not taking account of preparation time. Some of these are single sessions, some regular weekly courses, and others somewhere in between. These sessions are conducted by many dedicated volunteers, without whom U3A could not exist. Please give them a round of applause, including yourself if you are a volunteer. The efficacy of the sessions and well-being of all depends on all of us showing common courtesy to each other, and following U3A AH protocols and policies which are spelled out on our website. It is useful to revisit this occasionally, to remind ourselves of the rights and responsibilities of members, as well as other important information.

This year the committee began with 8 members, the lowest for many years, and we ended with only 6. This might make for more efficient meetings, but also places a greater workload on those members. For that reason we are pleased to welcome new committee members, and are always grateful for help of any kind that you can offer. This is also true of suggestions for new courses, or better still, offers to conduct them. Contributions to the newsletter or Facebook page are also very welcome. This is YOUR U3A.

Annual Report (cont.)

We are always grateful to the leaders of those long-established continuing courses, which form the backbone of our curriculum. We currently have two language courses and two Circle Dance groups which run weekly; 5 regular art and craft groups; 4 games groups; 7 literature groups; 3 music groups, and various other regular courses including the monthly Film Club. Added to this have been numerous excursions and guest presentations on fascinating and varied topics, including Sue Garforth's highly entertaining history presentations. Additional socialising opportunities include two Come Lunch With Me groups, and our two special lunches, the first at Bridgewater to start the year's activities, and then at Auchendarroch to dispel the winter blues and have a taste of French culture. Thanks to the generosity of our presenters and organisers, we have been blessed with many new courses over the past year, three being Writing Your Memoir and two interactive art groups, which have proved very popular and are expected to continue into next year.

The two visits, to Christie Walk, an inner city residential eco development on October 20, and Gamble Cottage & Garden Historical Tour with morning tea on November 3, were well attended and enjoyed, as was the DIG visit to The Laurels, despite an unfortunate change in the weather.

We are very appreciative of the Mount Barker Council, Aldgate CFS, and the Stirling and Mount Barker libraries for offering free venues for our courses and meetings; and most especially to Bene-St Paul's for free access to this wonderful space where we now hold many sessions. Thanks also to the staff and vol-unteers at The Hut and the Mount Barker Community Centre.

Thank you also to the offices of MP's Rebekha Sharkie, Josh Teague and Dan Cregan all of whom willingly support us with printing from time to time. Much appreciated.

Thank **you** for supporting and participating in our U3A, making us one of the most vital U3A's in the state. Extra thanks to our hard-working out-going committee, most of whom are making themselves available for re-election, and to any incoming members who may join us. I hope I'm not breaking confidence by stating that a family wishing to relocate to South Australia chose this area because of the variety of offerings of our U3A.

We hope we all continue to enjoy our participation in Adelaide hills U3A, keeping us all more alive physically, socially, emotionally and intellectually. We look forward to the coming year. Thank you.

At the first meeting of the new committee, the following positions were adopted:

Chairperson – Suzanne Arbon

Deputy Chair – Brent Danks

Secretary – Susan Smalldon

Treasurer – Janet Hemsley

Program Coordinator – Susan Smalldon / Dave Fenwick

MyU3A Coordinator – Brent Danks / Dave Fenwick

Newsletter Editor – Suzanne Arbon / Susan Huggins

Web Manager – Susan Smalldon

Equipment Officer – Geoff Edwards

U3A SA Delegate – Geoff Edwards

Public Officer – Brent Danks

L plates—Judy Curran

Editor's note - there was so much I wanted to include in this newsletter, that it became unmanageable - so look for the rest of this year's happenings early next year.

CONTEMPORARY ART IS SERIOUS PLAY

One of two new art groups conducted by Dr Susan Fereday, artist and educator. Each session she introduces the work of selected contemporary artists, and the homework task is to produce a piece based on that style or genre.

The first task was to interview another member about something they'd made in childhood that had been lost, and to try to reproduce it. The results were explained to the group, and then presented to that member, at the next session. The results were amazing and ingenious. I'm glad I missed the first session as I would have found that challenge very daunting.



The second task was to produce an abstract self-portrait in mixed media, including collage. The members were asked to make something which reflected some aspect of their personality. Here and on the next page are the beautiful results.



Lesley



Jenny

CONTEMPORARY ART IS SERIOUS PLAY

Self portraits (cont)



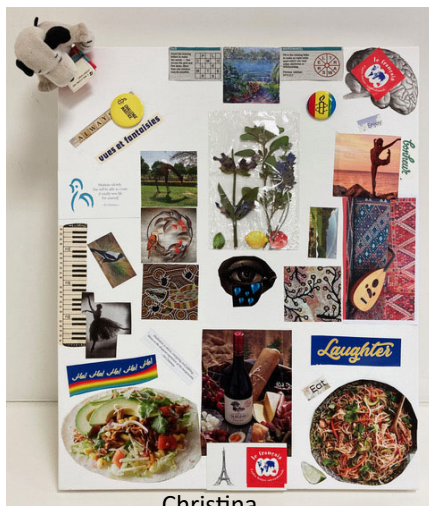
Mimi



Maggy



Gloria



Christina



Susan

MEMOIR WRITING

This year's new Memoir Writing course has been a great success. We learned how to write a memoir, according to our needs. Some were more interested in family history, others on just recording their own history. For some this involved a lot of research, for others just searching their memories. We learned about preparing our manuscript for publishing, including photos, and the protocols required by a publishing house. Some of us are nearly finished, some still have a long way to go, but we are all satisfied with the results so far, and feel a great sense of satisfaction at what we have achieved. We really enjoyed hearing other people's stories, which caused many a laugh and a few tears. Thank you Glenda.

This tribute is to Glenda Gregory, our University of the Third Age (U3A) Presenter. I suspect she won't approve but without her these memoirs I'm sure would never have been written. Or maybe done in some mundane form with little interest other than looking at an interesting CV. She has given me great confidence to set to, so that my dearly loved family can look back at my life from beginning to end. A chore at the beginning turned into a joy. What she did was open doors that enabled me to leave something that I hope my descendants will cherish.

MS

Midwifery snippets.

In 1972, I started the Red Cross Blood Bank at the local Hospital in Mossman North Queensland. It was there that I used to work every Tuesday night collecting blood with the medical superintendent who repeatedly asked me why I didn't come back to nursing. I ended up telling him I'd been away from nursing for 16 years and would probably kill someone if I did return.

The hospital was desperately short of midwives and I finally agreed to help out for a short while. My first shift was an afternoon one when I worked with a single certificated registered nurse. I was then put on night duty. As Mossman had 150 babies a year I knew that sooner or later I would have to deal with a maternity case. This worried me less than the medical nursing because I had had a very good training at the Lady Chelmsford Hospital in Bundaberg, spending 10 months in the labour ward, 6 weeks in the Prem nursery and 2 weeks on the wards.

My first night duty shift on the 2nd day of employment was extremely memorable. The local Ambulance Superintendent's wife presented in established labour. I must admit I was really looking forward to conducting this case, knowing that the doctor was only metres away from the delivery room if needed. This was my patient's fourth baby and the pregnancy had so far been normal. On full examination I found the presentation to be 'face' which can at times be very difficult indeed. Therefore I phoned Dr Costigan and informed him of my findings and asked at what stage he wanted to attend the delivery.

His answer to me was "Oh, you'll be alright. Just call me if you run into any problems". I was astounded and thought, "I will be calling you the minute I'm worried". The labour progressed quickly and the patient delivered her child without any problems. However, I was concerned with the doctor's attitude and therefore determined to speak to him about his decision not to come at my initial request. So I called him at 6.30 am and asked him to come and assess the baby and my handling of the case. The baby's face was swollen and in particular the lips, due to the presentation and pressure during the second stage of labour. When the doctor came in and saw the extremely swollen lips he exclaimed

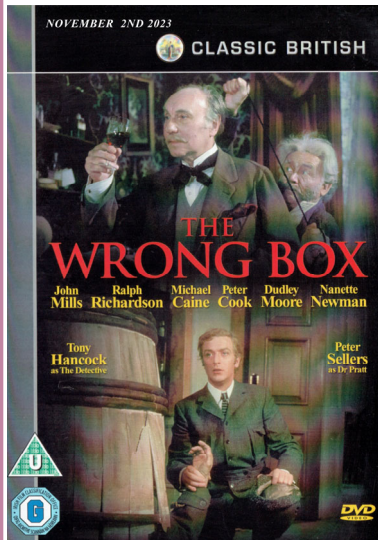
"Oh it was a face presentation". I answered him saying, "Yes, I told you so." He said "How did you know"? I said "When I examined her internally, it bit me".

MS

Film Club

This semester we had a change from the advertised programme—a short slapstick film called Things We Can Do Without, followed by the 1977 musical comedy A Little Night Music (1977), with music and lyrics by Stephen Sondheim. The only well-known actors were Elizabeth Taylor, Lesley-Anne Down and Diana Rigg.

The Wrong Box on November 2 was a rollicking slap-stick movie about crime, greed and coffin mix-ups, with the obligatory romance. A stellar cast included Peter Sellers, John Mills, Michael Caine, Ralph Richardson, Tony Hancock, Peter Cook and Dudley Moore, with Nanette Newman as the femme fatale.



Attempting to outline the plot of the 2003 Christmas/fantasy/comedy/drama "BLIZZARD" is akin to unraveling a Geordian Knot. And, no, that wasn't a typo—it was something far worse: a pun. Directed by LeVar Burton, it stars Christopher Plummer, Kevin Pollak, Whoopi Goldberg's voice and a bunch of Canadian actors you've never heard of except Brenda Blethyn (ABC Vera as Aunt Millie) who flies in and starts telling her depressed niece a story about another friendship, long ago... and then we meet BLIZZARD, no reindeer in the history of the North Pole ever had his powers



Many thanks to Frank for another year of delightful old films.

Looking forward (to Spring).

In the hush of dawn's tender awakening, I find the coming day a canvas of dreams yet unspoken.

Each sunrise paints a new horizon, inviting me to step beyond yesterday's shadows.

With hope as my compass, I journey into the unknown, where the melodies of possibilities dance on the wind.

The future, a tapestry of infinite hues, unfurls before me, its threads woven with promises untold.

As I gaze ahead, my heart hesitates with apprehension and anticipation.

I will become the architect of my destiny, sculpturing my own fate at every step.

I find the enchantment of another spring, a new opportunity, forever changing, offering a new life.

I'll be brave, brace myself and step into the unknown.

HS from Tony Rogers writing group

Where will I be when I'm sixty-five,
Will I be here, will I be there, will I still be alive?
I've had a good life I guess compared to some,
Just 3 husbands, a daughter, and a son.
I've travelled a bit but not a lot,
Maybe one day I'll do some more.
It all seems so hectic these days,
Not like it was before.
Settled I'm not, inside I'm all a flutter,
There's a book to write and all those paintings too,
It's all so overwhelming what is one to do?
Give me a canvas, give me a book, a pen and paper too,
Nothing could make me happier; this is what I love to do. GG



GUIDED TOURS of the ART GALLERY - 25 September

Today's visit was titled "Misty Mountain, Shining Moon".

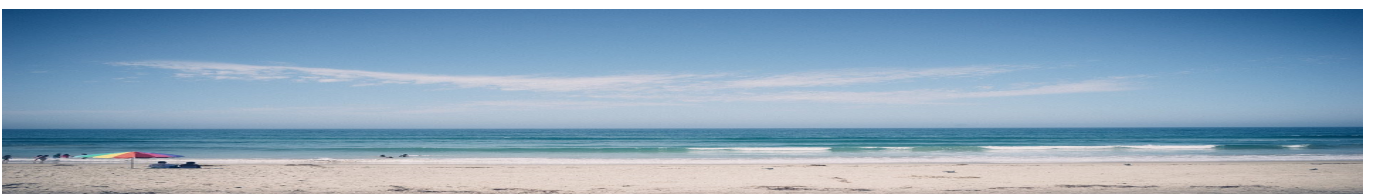
A showcase of Japanese Landscape, incorporating wall hangings, sculptures, wood carvings & wooden block prints with austere brush & ink techniques, pottery and paper screens using gold leaf inserts. Mt Fuji was represented many times showcasing the scenic beauty of the archipelago & various deities dating back to 16th century.

Cheryl Oliver (U3A AH Organiser)



The U3A committee wishes all members a safe and happy holiday season, and look forward to seeing you next February for our annual lunch at Bridgewater.

We hope you have all found something interesting in our 2024 programme.

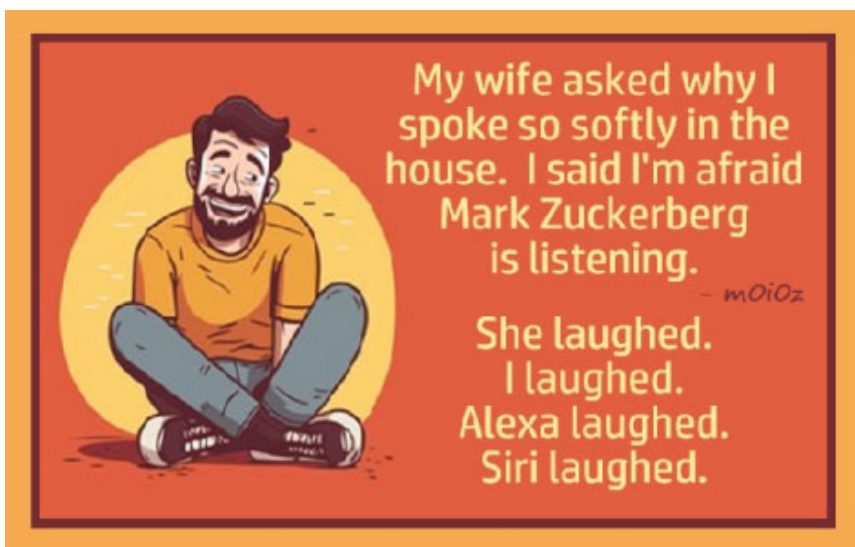


CARD MAKING

We love recycling. Cards made from postcards and cards. A challenge but worth the time and effort. *JH*



Well done Janet and card makers. Beautiful results. I'm sure they will be much appreciated by the recipients! *Ed*



One day Max went to see Carl.
Carl had a big swollen nose.
"Whoa, what happened, Carl?", Max asked.
"I sniffed a brose," Carl replied.
"What?", Max said. "There's no 'b' in rose!"
Carl replied, "There was in this one!"

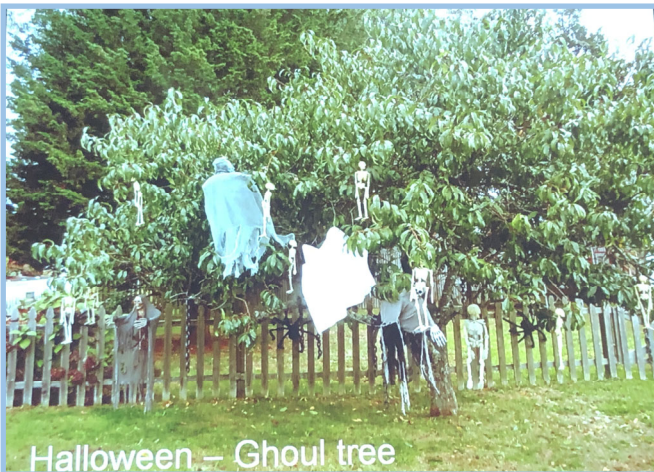
GAMBLE COTTAGE, BLACKWOOD

A recent visit to this beautiful property, managed by lovely and passionate National Trust volunteers. We went to see the historic house, but I think the amazing morning tea and beautiful gardens ended up being the highlights. The house, built mainly from local sandstone, was built in 1902 and is beautifully maintained by the volunteers. The cottage is open to the public on the 3rd Sunday of the month between 1 -4pm (except Jul, Aug, Dec and Jan) Afternoon tea and plant sales available. *Dorothy*



Travel group

In September Loraine Gager showed us her trip to the NE states of USA, including magnificent autumn leaves, covered bridges, preparations for Halloween, and Fallingwater, the unliveable house built by Frank Lloyd Wright. According to experts it is cold, clammy, and unstable, needing a multi-million dollar restoration in 2001. It became a museum in 1964.



Halloween – Ghoul tree



In October I concluded my perambulations around South East Asia, the old Indochina. We looked at some more of Hanoi before taking the overnight train to Hue—very much not first class. After a night in Hue we had our own coach along the spine of Vietnam to Da Nang and then Hoi An. Spectacular scenery!

Hoi An, a UNESCO World Heritage Town, is beautiful and worth spending a few days there. From there we flew to Ho Chi Minh City, and spent some time seeing the remnants of the Vietnam War, which they call the American War. Then to Cambodia, where we saw some aspects of Pol Pot's inhumane regime, countered by the splendour of Angkor Wat and many other temple ruins. It was an eye-opening trip,

Suzanne