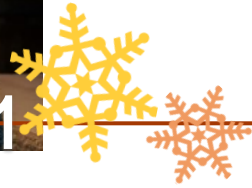




U3A

Adelaide Hills

## Winter Newsletter 2021



Dear Members,

Well ..... one day into the second half of the year and, due to increased Covid Safe restrictions, the 2nd Semester program has been paused until more accommodating times. We are all hoping that it won't be long, but are also very aware of how fortunate we are in relation to some other States and countries.

We hope this newsletter brings a little Winter warmth and cheer during this time as we catch up on some U3A AH happenings!



Once again, a big shout out to all our members who continue to volunteer their time, energy and knowledge for the benefit of us all. Without your generosity there would not be a program, or indeed U3A Adelaide Hills. Do you have a particular skill you would like to share and add to the diversity of next year's program? Perhaps your interests lie more in coordination, organisation or administration. *Don't hide your light under a bushel!* Please consider raising your hand—either as a Presenter of a regular or one-off activity, or as a Committee member. You are very welcome ... and needed! For more information, talk to a Committee member, one of our Presenters or send an email to [u3a.ahills@gmail.com](mailto:u3a.ahills@gmail.com) AND help us by attending this year's AGM.

As mentioned in the last newsletter, we are in the process of updating the current labour intensive enrolment system to a more integrated on-line membership program. Reducing the work load on Committee members was not the only motivation however. As you will find out, it is easy to use and has other benefits such as automatic issuing of receipts and immediate confirmation of your enrolments. We are very aware that not all members will feel instantly comfortable using the new system and assistance will be provided during and prior to enrolment time.



### MID-YEAR LUNCH

Over 70 members joined with the Committee to thank 2021 course Presenters & Organisers at Auchendarroch House on 14th July. The company was great, the food excellent and the raffle generated much interest, and \$115 for the U3A coffers!



Thank you Geoff for organizing such an enjoyable event and Suzanne for the raffle

## NO WINTER BLUES *for our* CIRCLE DANCERS



Thanks to Valerie, leader of *U3A AH Happy Feet Circle Dancers* and her band of helpers, the **Winter Solstice** was celebrated in Mount Barker with style, fun and friendship.

Invited guests included Happy Feet friends and members of Lyn Porter's other U3As circle dancing groups who made the long drive 'up the hill' to join in. The Mt Barker Town Hall was beautifully decorated with electric candles, greenery and exquisite papier mâché lanterns created by, you guessed it ..... our indefatigable leader!

Congratulations Valerie — a wonderful morning enjoyed by everyone.  
See the dancers move to the *Bells of Norwich* on [U3A AH Facebook](#)  
(turn volume up).



... and then, not only, but also ....

Members of the group, along with circle dancers from 37 countries around the world, decided to celebrate **World Circle Dance Day** on Sunday 11th July. Once again Valerie set the scene with decorations, inspirational music and dances, this time in the beautiful Ann Jolly Hall in Crafers. *"When you see Circle Dance it's easy to visualize just how inclusive it is and how it truly doesn't matter who you are or where you come from, we are all human at the end of the day."*

<https://globalcircledance.com/2021>



You are invited

**2021 AGM**

**10:30 am 30th September**

**Mt Barker Town Hall**

Please mark the date in your diary

**AND**

Consider nominating for a Committee position  
*New Members Wanted, Loved & Respected!*

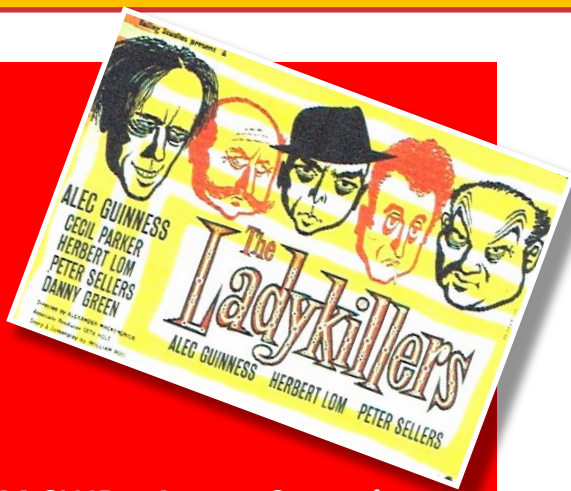
[2021 Nomination Forms here](#)



**Vale**

It is with sadness we note the passing of Dr Pat Richter and Sheila Loveless earlier this year. Both were heavily involved in the establishment of our U3A and gave generously of their time over many years.

Sheila continued to be an active and valued member and our sincere sympathy is extended to their families.



## FILM CLUB—August Screening

Time for a laugh?

*"A superbly elegant comedy...*

*... my favorite film"*

*The Guardian-*

## COVID UPDATE

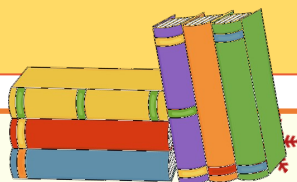
No need to remind everyone what our responsibilities are in the current climate, but perhaps something to bear in mind when classes resume. Please be aware that **only** members who have enrolled in a course can attend that course. We have to know the number of participants, particularly as all venues have maximum numbers due to Covid capacity limitations. These numbers change as restrictions are updated and we have a responsibility to ensure we do not exceed the current room density rate. Your cooperation is appreciated.



## U3A AH Book Clubs Hit the Spot

Our book clubs, with long-time Presenter Merrilie Rowley, attract a group of loyal followers and rapidly reach full capacity. Merrilie's enthusiasm, wisdom and creativity in choosing the monthly titles are very much appreciated by the group, including Karen who shares her experience below.

*Thank you Karen ... and Merrilie of course!*



I just love *Book Club*! Or should I say Book Clubs, because I'm also going to *International Travel with Crime Fiction* this year.

I joined because I used to be a prolific reader and having recently retired, it seemed time to rekindle time spent reading which I was struggling to prioritise - after all, the dusting could surely wait... I was very apprehensive about turning up to the first meeting - not sure of the format, the people, the expectations, the level of analysis...!!

Needless to say, half an hour in and I was hooked!

Everyone was so welcoming and the discussion was so interesting. I appreciated the format where we all went around the circle and gave the book a score out of 10, no clarification initially. Then went around again to explain why we'd chosen that score... fascinating to hear the different responses to the novel and what prompted people to feel the way they did.

All my Book Club meetings have been like this - something I hadn't considered in reading the book, background information, personal connections to the story, always something to reflect on after returning home...

Not to mention that I never leave without a few new books written down in my "must read" notebook following the general chat and sharing of the meeting. Nor that I've been introduced to authors and genres out of my comfort zone and I'm very appreciative of that! Also, the routine of "having" to finish a book before the next meeting means that I'm spending more time reading so I can fit in a couple of those extra books - which was the reason I joined, so I'm very happy about that. (Of course you don't have to read/finish a book, sometimes the fun is coming along and hearing why people chose not to read it!)

I never talk to people about Book Club without saying the magic word - Merrilie! What a fabulous coordinator. Her calm manner, encouragement, enthusiasm and commitment to creating a diverse book list, and such a prolific and knowledgeable reader - very inspiring!

Participants enjoying Mark's  
*Secret Discovery of Australia*.



Robin, delighted with his finished  
mosaic ball!



### TEA TREE GULLY in OCTOBER!

Enrolments are **now open** for the biennial South Australian U3A Rendezvous. U3A Tea Tree Gully, this year's hosts, have put together an interesting and varied program - go for just a day or make the most of it by attending all three.

5th, 6th & 7th October

[FULL PROGRAM HERE](#)

[To book click here](#)

## POSITIVE AGEING FORUM

*We were pleased to be invited to participate in the Positive Ageing Forum on Thursday 15th. Geoff Edwards, our Publicity Officer (amongst other things) presented on our behalf and did us proud. Many thanks to Suzanne Arbon for the following report.*

The Forum, held in Mount Barker and organised by Rebekah Sharkie, was a well-attended and informative morning. U3A AH was well represented by six committee members and at least 20 members who attended because of their own personal interest.

Geoff Edwards gave a wonderful presentation, with accompanying slides showing a wide range of our activities. He started by introducing his ukulele which he threatened to play if people didn't pay attention. A great start, causing much hilarity.

Rebekah Sharkie praised our work, and Ian Henschke, one of the three guest speakers, also gave us "a good wrap", to use journalese. Ian was substituting for Ita Buttrose, who was confined in Sydney; much of his talk was in praise of Ita and her achievements and, despite being nearly 80, being in charge of such a huge corporation as the ABC.



Another speaker was Graeme Goodings, who took us through his personal experience with bowel cancer; a motivational and inspiring presentation with his emphasis to men to "get tested"! Other speakers covered such topics as elder abuse, dementia (did you know there are over 150 types of dementia, with Alzheimer's Disease being by far the most common and most researched); advocacy for the aged with special reference to aged persons in care. Two of the least expected topics were "Demystifying Self-Managed Aged Care" by a local woman who has saved a lot of money, and achieved a better quality of care for her mother, by managing her aged care package personally; and *Grandparents for Grandchildren*, an increasing phenomenon today. For example, if a grandparent is caring for a grandchild, but is not the legal guardian, they cannot enrol the child in school. This group was started, and is run voluntarily, to assist such grandparents.

The Expo included about a dozen tables of organisations dealing with all aspects of aging. Our table attracted a lot of interest, especially after Geoff's presentation. The Goodie Bags included gifts from several local providers and more information, including that of U3A Adelaide Hills. The morning tea also included healthful gifted items and provided plenty of time for networking.



*Mark, Janet & Brent talking with potential new members at the Forum*

**Thank you Rebekha and Sue!**