

# Winter Newsletter 2022

Dear Members

You don't need me to tell you that winter arrived early this year, and is well and truly set in at the time of writing. Lovely rain, but the cold takes getting used to! I love the look of snowflakes, but wouldn't want to live with them, especially when it all melts.

By now you should have all received the link to the Semester 2 Supplementary Program. It contains some interesting new activities, including exciting outings. If you missed it, simply go to our website, <https://www.u3aadelaidehills.com>

One-offs are Angel Flight, The Adventures of a Young Geologist, Woodland Birding and Dorothy's popular Mosaics, with new weekly sessions Bridge for Beginners and For the Love of Folk Music. Short courses (each 3 weeks) are Creating Calm in Daily Life, and Royal Marriage Disasters presented by Sue who last term gave us Royal Cold Cases. DIG has four new sessions, there are visits to Old Government House and Regional Profile Cutters (metal garden sculptures) with optional lunch at Tailem Bend and a lunch cruise on the River Murray. And to start Semester 2 on a high note, the Bastille Day lunch at Auchendarroch, free to Course presenters and organisers as a token of appreciation and subsidised for other members.

We have recently been asked what is the Committee's response if a member reports that they have caught Covid. We are pleased to see that most members are wearing masks when indoors, as strongly advised by Professor Nicola Spurrier, but as there is no regulation about reporting Covid, we do not have role in this. We just have to accept that Covid is here to stay, at least for the foreseeable future! By continuing to wear masks we are protecting ourselves and showing consideration to other members—

*Thank you!*

Suzanne (Chairperson 21—22)

## VALE Rev BRYAN YOUNG

18 June 2022

A long-time U3A AH member, former Committee Member, presenter of courses and instigator of others. Deepest sympathy to Bryan's family and to 'our' Jean Mur  
RIP Bryan



**Your 2022 A.G.M. with a bonus!**

10:00 am Friday 30th September

This year's guest presenter—**GRANT LOCK**

Grant is the author of *Shoot Me First, 24 years in the hotspots of Pakistan and Afghanistan*, and *I'd Rather Be Blind*. He directed Afghanistan's largest eye care program until he himself became blind.

Grant is married to Janna, the woman the widows of Kabul call 'Frishta' (Angel).

**It is guaranteed to be a fascinating session**

**More details later but, SAVE THAT DATE now**

## Committee 2021—2022

Chairperson—Suzanne Arbon  
Deputy Chairperson— Mark Randell  
Secretary—Jenny Twigden  
Treasurer—Janet Hemsley  
Program Coordinator— Susan Smalldon  
Minutes Secretary—Susan Huggins  
MyU3A Coordinator—Susan Smalldon  
MyU3A Support— Brent Danks  
Newsletter Editor—Suzanne Arbon  
Publicity Officer—Geoff Edwards  
Web manager—Susan Smalldon  
Equipment Officer—Jane Horton  
U3A-SA Delegate—Geoff Edwards  
Public Officer—Mark Randell

## Welcome to Two New Presenters - Two New Courses

### Graeme Taylor - For the Love of Folk Music

The recorder began 10 year old Graeme's lifelong musical journey. He now plays a variety of instruments including the violin, flute, oboe and clarinet. That love for music has seen him playing in a bush band and Folk Clubs—the venue for one requiring hurricane lamps as there was no electricity! Graeme, who has also been a member of two concert bands in W.A. and the Mitcham Orchestra here in S.A., is looking forward to meeting with other lovers Monday mornings in Hahndorf. [Click Here](#) to join.



### John Elliott - Bridge for Beginners

John, who has been playing bridge for 50 years, is an accredited bridge teacher with the Australian Bridge Foundation and is the current Director of both the Mount Barker and Alexandrina Bridge Clubs. He was also the Tournament Director with the Victor Harbor Club and foundation member of the Darwin Bridge Club. "Many former students have got off to a good start and gone on to become proficient players" says John. Join him Tuesday mornings for this 11 week introductory course. [Enrol Here](#)



Plane travel—a distant memory; but I've never had food like that even when I was forced to travel First Class on a short hop. Now you have to pay for food on short journeys!

### My U3A - Janet Hemsley

In 2005 I was rather sad that I was unable to join the newly established U3A in Alice Springs. There were a few courses that were appealing. I was the right age group but as a full time worker I was unable to join.

In 2007 my sister retired and moved area, joined East Lakes U3A and attended a number of activities including Walking, Book Group, Balance and Stretch, Tai Chi and Cryptic Crosswords, to name just a few.

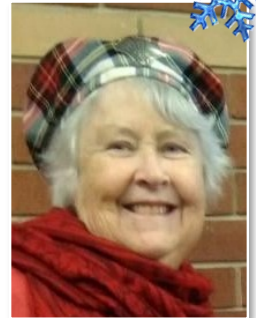
While walking through Stirling Markets on a visit to SA, I came across a stall promoting Adelaide Hills U3A. I joined in 2010, hoping to get to know a few people. After growing up in Sydney and spending 40 years in Alice Springs, it was 'sink or swim' fitting into a retired life.

The fitness group challenged me physically. The singing group did the same vocally and a year later the writing group was added. Friendships were formed that have lasted for over 12 years. I am still in awe of the presenters who run weekly groups. With the encouragement of a writing group member, I dipped my toe into the committee, and slowly came to understand how it all worked, eventually becoming treasurer. As a newcomer to SA, I am aware of the need to welcome new members, as it can be very lonely if everyone else appears to know someone and leaves you alone to just 'get on with it'.

My sister provided me with insights into a large U3A and how electronics made life so much easier for the committee. It was a lot later that she joined a Numerology Class, and in her last months it gave her peace. She rang all the course presenters and thanked them for their work, and had great joy when a number thanked her for her participation and her unique way of looking at things. East Lakes U3A made me welcome and were happy to share resources too. I attended their NSW Conference (our Rendezvous) and attended their U3A NSW meeting. They have the same concerns as us, and every U3A is different.

The joy of sharing knowledge is still strong. I took on travel talks and card making. To keep fit and meet people, the walking group and lunch groups started. Who knows what will be next?

With U3A, we can all participate in one way or another.



I just learnt a new trick. It's called [Word Cloud](#) and allows you to put a list of words into a selection of shapes and colours.

These are the subjects currently being offered by [U3A SA Online](#).



## Circle Dancing—we are blessed to have two Circle Dancing opportunities each week

### A Winter Solstice Celebration . . .



**Mount Barker Circle Dancers** celebrated the shortest day of the year in the Town Hall once again. U3A Adelaide Hills members were pleased to be joined by Murraylands members and were impressed on just how quickly the steps were picked up, even by those who were first time circle dancers. To feel the group moving as one in time to the beautiful meditative music was a joy to experience.

*"It was a truly beautiful gathering, so peaceful & connected, with blissful music & wonderful tutor. We are so very fortunate to enjoy the community experience with like minded women"*

Sandy

Well done everyone and especially Valerie, group leader extraordinaire.



We are the **Crafrers Circle Dance Group** which meets weekly on Thursday afternoons from 1:15pm to 3pm. Visitors & new enrolments are always welcome. As *Wikipedia* states: "Being probably the oldest known dance formation, circle dancing is an ancient tradition common to many cultures for marking special occasions, rituals, strengthening community & encouraging togetherness".

In our group we celebrated the special occasion of St Patricks Day on Thursday March 17 by wearing green & dancing around a centrepiece to some wonderful Irish & Celtic tunes as we celebrated everything Irish. (Photographs: Susan Fereday)

Life goes on & a couple of our Circle Dancers were awarded their OBEs as we celebrated aspects of their 80 years young through a repertoire of Circle Dances. We danced Sue's 80 years through the seasons of her life & we continually rejoice the energy & vibrancy Sue brings to our Thursday afternoons in her Autumn years.

Liz's journey has been about 'Life with Dance' which started as soon as she could walk, being waltzed around the kitchen by her mother & then growing up with *Calisthenics, Ballet, Tap Dancing, Scottish Dancing, Highland Dancing* & later *Ballroom Dancing* & then continuing some of these into adult life & more recently joining our Circle Dancing group when it was at Bridgewater & now at Crafrers.

Lyn Porter

## DIG - Down in the Garden

DIG LOVERS—Please note that the Semester 2 program is now up on the website and accepting enrolments. There are four new sessions to choose from and all have to be enrolled in separately—just a tick of the box for whichever ones take your fancy, including the two fee attracting activities towards the end of the year, payable at time of enrolment.

The DIG program provides a variety of horticultural and agricultural topics! Thursday May 19 saw Trevor chatting to U3A DIG folk at the Oak about ONIONS. Trevor has spent all his adult life involved in the agricultural world and much of his childhood too. He has been an agronomist specialising in the Allium industry, state wide and nationally. We heard about the ins and outs of the industry in SA and interstate, which included garlic and distant cousins gladioli. We talked about the home production of onions and garlic too. Lots of questions followed and the this delicious recipe for caramelised onions was circulated.



Jenny Twigden

### CARAMELISED ONIONS

- 2 tbsps olive oil
- 3 large red or brown onions sliced
- 2 tbsp of brown sugar
- 1-2 tbsp balsamic vinegar

Heat oil in a large frying pan over low heat. Add the onions and a good pinch of salt and cook very slowly for 15-20 minutes, stirring occasionally to prevent them from catching. Don't be tempted to turn the heat up, as you don't want the onions to burn. When onions are softened and tinged golden, add sugar and balsamic – this will start the caramelisation process. Cook onions for further 5 – 10 minutes, stirring occasionally, until sticky and caramelised. Use immediately or store in the fridge in a sterilised jar or plastic container for use when required.

**ENJOY!**

## FINANCIAL MATTERS

I present two courses, this and *The Global Search for Meaning*. Financial Matters has been running for five years and some of the present group have been there from the beginning. The course originally began with the premise that very few of us actually understand the economic system and the stock market, and yet we are vitally dependent on the stock market. How do we know what our governments are trying to do, their constraints and therefore how best to navigate our politics? It has a focus on all things financial, both domestic and global, very much dominated by world events, and it incorporates the influence on us of what goes on in the US, China, Russia and Europe.

The format is to circulate an agenda, to elaborate on it, then to open up discussion so people can offer their points of view. It focuses on superannuation, the banking system, and these days the agenda is becoming truly relevant as we all grapple with inflation, interest rates and a declining stock market. How to preserve our wealth, understand that we have choices, and that we must pay attention to current events. It's been a fun time, often interspersed with some rather confronting realities.

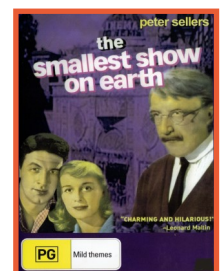
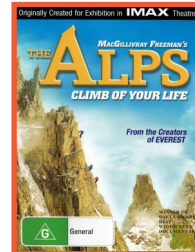
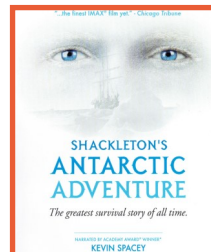
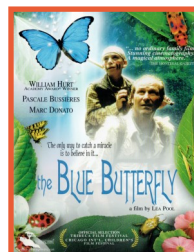
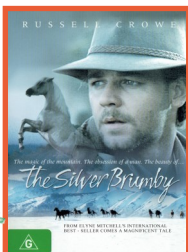
Anybody can join, within some limit because the format is not formal, but sitting at a square table arrangement so that everybody can speak across to others. People at this stage of joining should have a real interest in learning about matters about which they may only have a distant knowledge. It's essentially a learning course, not financial advice. We sure have some vocal and lively opinions, and a mix of backgrounds and professions.

Dr Fred Guilhaus

MARKET  
TICKER  
Demand Retirement  
Crash Traders  
Dividends Capital Rise  
Bonds Tax Sell Cap  
STOCK  
Options  
Panic  
Fall Supply  
Risk  
Reward Exchange  
Business Investors Buy  
Shares Broker Shareholders  
Issues  
Capital Gains

## Film Club—Mount Barker

Frank and Jenny run the monthly film screening which has a regular attendance of about 8-10 appreciative film-lovers. We clap if we enjoyed the film! Future offerings are shown here. Come and join the fun, and watch some classic movies. Jaffas sometimes supplied!

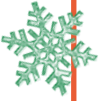




## Come Lunch With Me—two groups / twice the enjoyment

Margo's lunch group meets fortnightly and find lots to discuss. We enjoy talking about things and gaining insights into problems from our knowledgeable fellow diners. The menu also causes a lot of discussion. Yuki's menu was a little challenging - one person ate Monkey Brains\*; it was delicious and others had a taste. More recently we met at Miss Perez and there was variety, from little tacos to a burger and chips.

*\*deep fried battered mushroom filled with cream cheese, tuna & crab meat*



The other lunch group, Geoff's, now meets monthly and recently sampled the menu at 'The Great Eastern' in Littlehampton. In a similar fashion to others in our age bracket we have lovely conversations and of course solve 'most' of the world's problems.



## Mah Jong—Stirling

Picture this: A quiet Friday afternoon... but nothing quiet about Mah Jong time in Heathfield! Lots of laughter, hearing aids being tuned (and microphone gadgets moving around tables). Excitement building as an excellent special hand on table 3 is 'almost there', but not quite – getting pipped to the post by a modest 'Three Philosophers' (to the polite congratulatory mumbles from table mates) and then an almost simultaneous outburst from two neighbouring tables: "MAH JONG!"

This is not an unusual occurrence – except, these two hands were quite rare. Mal Horton managed a 'Driven Snow' (Beautiful!) and Daisy Lim a 'Numbers Doubled' (Clever!).



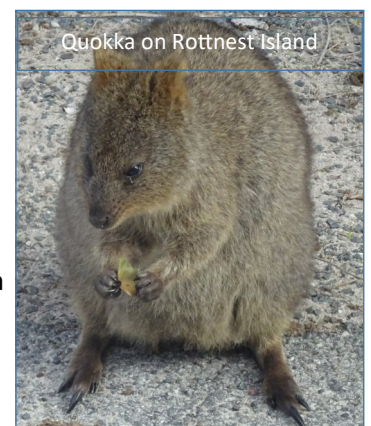
Achievements were celebrated over a scrumptious afternoon tea. (Actually – that happens every week!)

If the above picture sounds intriguing and you'd like to come and check us out, or to stay and learn the game, please add Mah Jong Stirling (Fridays 2-4pm in Heathfield) to your program choices for Semester 2. If you're a beginner, you'd be most welcome - we provide tuition and notes for the Western Rules game of Mah Jong, which is played by most other U3As, hence making this a portable game. Please contact Marjolijn (0403 989 817) or Daisy (0411 099 039) for more information.

*(Looks like Mal "lost his head" with excitement over his winning hand –Ed.)*



**Travel Group** this term continued exploring Southern West Australia, visiting two lighthouses, Rottnest Island, Kalgoorlie, and Wave Rock with its hidden treasures. In the same rock formations are Mulka's cave with hundreds of Aboriginal handprint paintings, and Hippo's Yawn.



Our last talk for the Semester was presented by another guest speaker, Rodney from U3A Inner North. His topic and beautiful photos were about Christmas in Berlin and New Year in Oslo. He recommends all the destinations he visited, but apart from Christmas markets and the Northern Lights, not in Winter. His cruise along the northern coastline was spoiled by lack of daylight. All the beautiful sights shown in the travel brochure were invisible in the gloom of early dusk and late dawn.