

2023 PROGRAM

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WELCOME 2023

Member's Lunch, Bridgewater Inn – 31st Jan

Organiser:: Susan Smalldon 0403 857 600
Venue: Bridgewater Inn, 387 Mount Barker Rd
Day: Tuesday 31st January (once only)

Time: 12:30pm – 2:30pm

Welcome 2023! Catch up with old friends, welcome new members and commence our U3A year with lunch in one of the great Adelaide Hills hotels. Enjoy a main meal (GF options available) for a member's only reduced cost of \$13 (to be paid on enrolment). Dessert and drinks, if wanted, at own expense.

ART & CRAFTS

Art of Mandala Painting Workshop

Presenter: Myriam Sampson, 0403 067 135

Venue: Private Address, Crafers
Day: Monday 27th March (once only)

Time: 10:30am – 3:30pm

Fee: \$30:00

Learn how to create a 'Love & Healing Mandala using watercolour and compass - a truly transformative experience. Apply the principles of sacred geometry ~ the secret codes hidden in nature, and take home a beautiful Mandala ready to frame. Fee (payable on enrolment) to cover materials for the day and a special morning tea on arrival. Bring your own light lunch.

Card Making

Presenter: Janet Hemsley, 0428 844 097 Venue: Private Address, Mt Barker

Day: 2nd & 4th Tuesday Time: 1:30pm – 3:30pm

Start: 14th February – 12th December

Create two cards per session using card, paper, stickers, punches and dies. \$6.00 payable at each session to cover the cost of materials for the day.

Guided Tours of the Art Gallery

Organiser: Cheryl Oliver, 0438 823 185

Venue: Art Gallery SA, North Terrace, Adelaide Day: 4th Monday including school holidays Start: 27th February – 27th November

Time: 1:20pm – 2:30pm

Cost: \$20 annual fee payable up front

Meet in at 1:20pm in the foyer near restaurant via the back entrance. Trained gallery guides will lead a tour of a current exhibition or a selection of works from the Gallery's collection. Note: the gallery now requires entrance fees to be paid at the beginning of the year.

Painting and Drawing

Presenter: Margaret Campbell, 0456 752 623 Venue: The Oak, 409 Mt Barker Rd, Bridgewater

Day: 2nd & 4th Friday

Start: 10th February – 8th December

Time: 10:00am - 12:00pm

If you enjoy playing with pencils and paint, come and join us! This is not a teaching class – everyone brings along their own materials to use. But ... we provide lots of friendly chatter along with supportive motivation and encouragement

GENERAL INTEREST

ARAS - Elder Abuse & Your Rights

Organiser: Susan Smalldon, 0403 857 600
Venue: St Paul's Community Room, Hahndorf
Day: Tuesday 7th February (once only)

Time: 1:00pm - 3:00pm

The Aged Rights Advocacy Service provides information and assistance to any older person who is at risk of, or is experiencing abuse in all its forms from family, friends or carers. Includes information on aged care: rights, entitlements & responsibilities, and having control over your own decisions.

Offered in conjunction with St Paul's - afternoon tea included.

Citizen Science, the Changing Planet and Mozzies!

Organiser: Susan Smalldon, 0403 857 600 Venue: St Paul's Community Room, Hahndorf

Day: Friday 31st March (once only)

Time: 10:00am - 12:00pm

What is the rapidly developing field of Citizen Science? How is it used to gather an increasing range of scientific data and to engage the public? Craig Williams (UniSA) will discuss citizen science projects at the University, specifically the Activating Citizen Scientists Project with the Office for Ageing Well and just what have mozzies got to do with it? Come along and find out.

Exploring Local History

Organiser: Susan Smalldon, 0403 857 600 Venue: St Paul's Community Room, Hahndorf

Day: Thursday 13th April (once only)

Time: 1:30pm – 3:00pm

Cultural historian, Ruth Vasey, will tell us about a local history project currently being undertaken by the Mount Barker branch of the National Trust.

The first stage of the *Mount Barker History Posts Project* has focussed on twenty randomly-chosen families in the historical section of the Mount Barker General Cemetery. We all now know about QR Codes, but JUST what have they got to do with local history? How will we be able to enhance our knowledge of and interest in local heritage — not through Google but by a stroll around town? Join us for this presentation as Ruth ties it all together.

Film Club (Hahndorf)

Presenter: Frank Robertson, 0418 448 654

Venue: St Paul's Community Room, 6 English St

Day: 1st Thursday (excl school holidays)

Time: 1:30pm – 3:30pm

Start: 2nd March – 7th December

An opportunity to see films no longer readily available. Frank, an avid film buff and font of knowledge will present a wide range of classic films in a friendly, relaxed environment. Choice of films will be influenced by the group. Join us on the adventure - BYO Jaffas!

Financial Matters

Organiser: Mark Randell, 0429 679 317

Venue: The Oak, 409 Mt Barker Rd, Bridgewater Day: 1st & 3rd Wednesday (excl school holidays)

Time: 10:00am - 12:00pm

Start: 15th February – 6th December

We cover world geopolitics as it affects the global and particularly the Australian economy. A desire to know more about the share market and basic economics is a prerequisite. Includes active discussion surrounding Australia's economy and particular investments in shares, bonds, and real estate and an understanding how interest rates and government policies affect personal wealth preservation in an uncertain and volatile world.

The Global Search for Meaning

Presenter: Fred Guilhaus, fguilhaus@gmail.com Venue: The Oak, 409 Mt Barker Rd, Bridgewater Day: 2nd & 4th Wednesday (excl school holidays)

Time: 10:00am - 12:00pm

Start: 8th February – 13th December

In the midst of disruption and political conflict the level of anxiety has accelerated, particularly for the young. Mental health issues abound. There is a hunger for personal meaning in life — a return to what is important. We shall look at comparative religions, philosophy, Carl Yung and Freud as psychiatric 'solutions', Jordan Peterson & modern philosophers and speculate on how best we help the young and ourselves.

HEALTH & FITNESS

Circle Dance Celebration with Lyn (Crafers)

Presenter: Lyn Porter, 0423 122 145

Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers
Day: Thursdays (weekly excl school holidays)

Time: 1:30pm – 3:00pm Start: 9th February – 6th April A term celebrating a decade of Circle Dancing in Adelaide Hills with Lyn, the end of an era. We'll dance down memory lane, remember the people, special events and highlights as well as stepping into new dances to keep the dream alive. All dances carefully taught and no dance experience needed. Gentle stimulating workout of body, mind & spirit to uplifting music from around the world.

Circle Dancing with Valerie (Mount Barker)

Presenter: Valerie Pullan, 0414 245 552
Venue: Town Hall, 34 Gawler St, Mt Barker
Day: Tuesdays (weekly excl school holidays)

Time: 10:00am – 12:00pm

Start: 7th February – 12th December

Circle Dancing with Valerie (Crafers)

Presenter: Valerie Pullan, 0414 245 552

Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers Day: Thursdays (weekly excl school holidays)

Time: 1:30pm – 3:00pm Start: 4th May – 14th Dec

Together in Dance - experience the well-being benefits of gentle dance in this welcoming and relaxed environment. Together we enjoy learning dances from around the world, listening to truly uplifting music, a laugh and a chat over a cuppa during the break.

LANGUAGES

Intending NEW language students please contact the Presenter prior to enrolling to ascertain your level

French 4 & French 6 with Helen

Presenter: Helen Hughes, 0407 720 168

Venue: Mt Barker Community Centre, Dumas St Day: Tuesdays (weekly excl school holidays)

Time: 2:30pm – 4:30pm

Start: 7th February – 12th December

French 4 - An intermediate course of continuing study; grammar, geography, history, culture and current affairs. Written work incorporates comprehension, description and story writing. Oral work focuses on dictée, weekly conversation and aural comprehension.

Texts: Schaum French Grammar, A New French Course Pt 3 by Horan and Wheeler (Science Press)

French 6 - Ongoing revision of grammar as well as new points; enhancing geography, history and culture, awareness of current affairs. Specific focus on conversation, written and aural comprehension and the development of prose writing skills. **Texts:** Schaum French Grammar, A New French Course Pt 4 by Horan and Wheeler (Science Press), Communications & Communique by David Sprake (O.U.P.)

French for Fun with Jan & Laurel

Presenter: Jan de Weerd, 0419 802 780

Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers Day: Thursdays (weekly excl school holidays)

Time: 10:00am – 12:00pm

Start: 9th February – 7th December

Our emphasis is on the fun of learning the French language and exploring it through song, music, film, internet and multimedia. The venue is fully set up with WiFi and screening facilities, making each lesson varied and stimulating.

We work with 2 texts, "Easy French, Step by Step" and "French Experience 1," CD's and text. Guest presenter - Didy Pederick.

LEISURE & TRAVEL

DIG (Down in The Garden)

Organisers: Jenny Twigden, 0419 833 546 Heather Rowell, 0418 835 280

Venue: St Paul's Retirement Village, Hahndorf Day: 3rd Thursday (excluding school holidays)

Time: 10:00am – 12:00pm

Various presenters share their knowledge and passions for all things garden.

Feb 16 Ron Allen – Wood Turner Mar 16 Garden Visit, Urrbrae -

May 18 Nick Collins, Carnivorous Plants

Jun 15 Lesley Finlayson, Adelaide Hills Gardens Aug 17 John Holmes, Green Thumbs Garden Club

Sep 21 Hugh Williams, Clivias Oct 19 Anita Podder, Crocuses

Nov 16 Picnic & Heritage Tree Tour, The Laurels

Duplicate Bridge (Stirling)

Presenter: Trevor Waters, 0493 115 092

Venue: Pinoak Tiers, Stirling

Day: Tuesday weekly (excl school hols)

Time: 1:00pm - 4:00pm

Start: 7th February – 12th December

Recent research has found that playing bridge improves brain function and has a significant positive effect on wellbeing. New experienced players welcome but please note this is not a teaching course. Results are distributed by email each week.

Games, Games & More Games

Presenter: Geoff Edwards, 0475 404 892

Venue: St Paul's Community Room, Hahndorf Day: 2nd & 4th Wednesdays (excl school hols)

Time: 10:00am – 12:00pm

Start: 8th February – 13th December

Come along and play board games, cards, pool and darts. Bring a game you wish to play and perhaps teach others to play. A social gathering where you can find someone to play a game you love or learn one you haven't had the opportunity to play in the past.

Mah Jong - Mount Barker

Presenter: Ron Allott, 0402 533 480

Venue: Mt Barker Community Centre, Dumas St Day: Mondays (weekly excl school hols)

Time: 10:00am - 12:00pm

Start: 6th February – 11th December

Beginners very welcome. Join in, have fun - no

scoring

Mah Jong - Stirling

Presenter: Marjolijn Haraghey, 0403 989 817 Venue: Hillside Gardens, Heathfield Day: Fridays (weekly incl school hols)

Time: 2:00pm – 4:00pm

Start: 10th February – 15th December

This is an ongoing course suitable for beginners as well as advanced players. We play the Western version of Mah Jong and supply course notes to assist players in extending their repertoire of Special Hands.

Travel

Organiser: Suzanne Arbon, 0437 389 059
Venue: Mt Barker Town Hall, Gawler Street
Day: 3rd Thursday (excluding school holidays)

Time: 1:30pm - 3:30pm

Various presenters show and tell about their travels, recent or not, overseas and local.

Feb 16 South East Asia, Suzanne Arbon

Mar 16 Living in a Small Swiss Village, David Dowley

May 18 Africa, Chris Jordison

Jun 15 The Historic 'Aurora Australis, Mark Randell

LITERATURE & HISTORY

Adventures in Crime Fiction (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 4th Monday (incl public holidays)

Time: 2:00pm – 3:30pm

Start: 30th January – 27th November

The reading list includes some "oldies, but goodies", but also seeks to introduce some newer crime writers to the reader as well as a wide range of cultures for us to explore. Members source their own books to read prior to each session. If you encounter any difficulties in obtaining a title please contact Merrilie.

Jan 30th - Hayley Scrivenor, Dirt

Feb 27th - Eva Dolan, Long Way Home

Mar 27th - Sujata Massey, A Murder at Malabar Hill

Apr 24th - S. J. Parris, Heresy

May 22nd - Susie Steiner, Persons Unknown

Jun 26th - Video Yokohama, *Six Four* Jul 24th - Asa Larsson, The Savage Altar Aug 28th - Atticus Locke, *Black Water Rising*

Sep 25th - Fiona Barton, Child

Oct 23rd - Maggie Orford, Like Clockwork

Nov 27th - Kate Atkinson, Big Sky

Appreciating Poetry

Presenter: Jackie Mussared, 0417 842 694

Venue: Coventry Library, Stirling

Day: 1st & 3rd Wednesday (excl school hols)

Time: 1:30pm - 3:30pm

Start: 15th February – 6th December

We now use the internet to listen to poets and/or actors read poems. We look at the techniques poets use as this gives us greater understanding of their work. We also explore their life and times and both classical and modern poets are included.

Book Group (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 2nd Monday (incl public holidays)

Time: 2:00pm - 3:30pm

Start: 13th February – 11th December

An enthusiastic group who enjoy reading and discussing a wide range of literary fiction. The list of books encompasses authors from diverse cultures, hopefully guaranteeing lively discussion and broadening our literary knowledge. Members source and read the books prior to each session.

Feb 13 - Ernest Hemmingway, The Sun Also Rises

Mar 13 - Jane Gardam, God on the Rocks

Apr 10 - Elif Shafek, The Island of Missing Trees

May 8 - Andrew O'Hagan, Mayflies Jun 12 - Jane Smiley, A Private Life

Jul 10 - Kazuo Ishiguro, Klara and the Sun

Aug 14 - David Park, Travelling in a Strange Land

Sep 11 - Pat Barker, Silence of the Girls
Oct 9 - Eleanor Limprecht, The Coast
Nov 13 - Claire Fuller, Swimming Lessons
Dec 11th - Carrie Tiffany, Mateship with Birds

Creative Writing

Presenter: Tony Rogers, 0402 414 150

Venue: Library, Dumas Street, Mount Barker Day: Thursdays (weekly excl school holidays)

Time: 2:00pm - 3:30pm

Start: 9th February – 14th December

Creative writing is a way of expressing yourself, entertaining others and of sharing one's experiences. You can pretend anything you want and help your readers do the same. If you have stories and ideas you would like to put on paper, come and get some hints - you may find it is more fun than you expected. If you are already a keen writer, then share your ideas. The course will be structured around participant's interests and needs.

Family History - Ancestors & Others

Presenter: Jacki Mussared, 0417 842 694 Organiser: Gail Edwards, 0438 840 673

Venue: The Oak, 409 Mt Barker Rd, Bridgewater, Day: 2nd & 4th Thursdays (excl school holidays)

Time: 9:30am - 12:00pm

Start: 9th February – 14 December

This course has the goal of improving members' research skills in genealogy and social history through the sharing of experiences and knowledge. We undertake a regular program of presentations and live research sessions. The talks include research techniques, useful websites and organising your family history materials. Presentations often address social history issues of the times in order to understand the context in which our ancestors lived. Themes and topics will be advised throughout the year.

NOTE New members please contact either Gail or Jackie prior to enrolling to discuss your family history research status.

Literature - Marriage, Money, Manners & Morality

Presenter: Nina Chicco, 8339 3775

Venue: St Paul's Community Room, Hahndorf Day: 2nd & 4th Wednesdays (excl school hols)

Time: 2:00pm - 4:00pm

Start: 8th February – 13th December

We will be looking at these aspects from the viewpoint of four famous women from literature. Elizabeth Bennet from Pride and Prejudice by Jane Austen, Jane Eyre from Jane Eyre by Charlotte Brontë, Miss Havisham from Great Expectations by Charles Dickens and Miss Jean Brodie from The Pride of Miss Jean Brodie by Muriel Spark.

Pretenders with Sue Garforth

Organiser: Susan Smalldon, 0403 857 600: Venue: St Paul's Community Room, Hahndorf

Day: Friday (three sessions)
Time: 1:00pm – 3:00pm

Start: 17th, 24th February & 3rd March

Happily for us, Sue has agreed to again entertain and inform us with another series of talks in her own indomitable style. The history we never learned at school! Three people who claimed to be, or wanted to be, someone else. Enrol in one or in all three!

Bonnie Prince Charlie who wanted to be king.
 Anna who claimed to be Anastasia of Russia.

3. The Butcher from Wagga!

The History of the London Tube with Sue Garforth

Organiser: Susan Smalldon, 0403 857 600: Venue: St Paul's Community Room, Hahndorf Day: Friday 10 February (once only)

Time: 10:30am – 12:00 pm

The London Tube - we have all heard of it, many of us have been on it. Join Sue for this presentation taking a look at the life and times of the world's oldest underground railway. A history lesson like no other!

Writing Your Story - a Memoir

Presenter: Glenda Gregory, 0431 134 644
Venue: St Paul's Community Room, Hahndorf
Day: Tuesdays (weekly excl school holidays)

Time: 10:00am - 12:00pm

Start: 7th February – 12th December

Memoirs are not just for the rich and famous – we all have a story to tell and everyone's journey is different. This course will look at where to start, how to construct your story, tips on keeping it relevant and interesting, design and how to include your family tree and photos. The goal is to produce a beautiful hard-cover book – something for future generations, or merely for your own satisfaction and to learn new skills.

MUSIC

For the Love of Folk Music

Presenter: Graeme Taylor, 0401 989 114

Venue: St Paul's Community Room, Hahndorf Day: Mondays (weekly excl school holidays)

Time: 9:30am – 11:30am

Start: 6th February – 11th December

Do you enjoy folk music? Do you play an instrument? Can you read music or play by ear? Start off the week in a fun and interesting way with a like-minded group. BYO instrument and music stand - tin whistle, accordion, mandolin, violin, recorder, flute, bodhran ... New members please contact Graeme before enrolling

Music for Sharing

Organiser: Richard Knott, 0458 830 407
Venue: Private Home, Bridgewater
Day: 4th Monday (excl school holidays)

Time: 2:00pm - 4:00pm

Start: 27th February – 27th November

Bring your own CDs or tapes and introduce your own music from classical to rock. New members very welcome.

Ukulele and Song

Presenter: Geoff Edwards, 0475 404 892
Venue: Crafers Institute Hall, Sharrod Street
Day: Thursdays (weekly excl school holidays)

Time: 10:00am - 12:00pm

Start: 9th February – 14 December

An informal gathering of ukulele strummers from beginners to more advanced. Play and sing in a friendly environment. There will be a spare uke or two you can try, but if you just like to sing you are also welcome. There may be opportunities to perform at nursing homes or other venues in the future.

OUT & ABOUT

Birding - Laratinga Wetlands with John Hatch

Organiser: Susan Smalldon, 0403 857 600: Venue: Laratinga Wetlands, Mount Barker Day: Monday 27th February (once only)

Time: 9:30am – 11:30am

We have visited these excellent wetlands before, however its condition varies as do the birds there. Following a wet Spring it should be in prime condition with plenty of water and some mud for the crakes and migratory wading birds. It is always good for ducks and the extensive woodlands can turn up interesting 'bush' birds and we can expect to see around 40 species.

Bring your own lunch if you wish to stay on at the picnic area for a debrief afterwards. Meet at the Bald Hills Road car park 9:30am.

Capri Theatre Tour - Goodwood

Organiser: Susan Smalldon, 0403 857 600 Venue: Capri, 141 Goodwood Road Day: Wednesday 31st May (once only)

Time: 10:00am – 12:00pm

The heritage listed Capri is an independent not-forprofit cinema completely run by volunteers. The tour covers its history, the 'art moderne' architecture, a demonstration of the unique world-class WurliTzer pipe organ, and includes morning tea. There will be an opportunity to car pool. Fee (\$15) to be paid when enrolling.

Come Lunch with Me (1)

Organiser: Geoff Edwards, 0475 404 892
Venue: Various cafes and restaurants
Day: 1st Wednesday (excl school hols)

Time: 12:30pm – 2:30pm Start: 1st March – 6th December

Come Lunch with Me (2)

Organiser: Margo Poirier, 0423 249 000 Venue: Various cafes and restaurants

Day: 1st & 3rd Wednesday (excl school hols)

Time: 12:30pm – 2:30pm

Start: 15th February – 6th December

Relax over lunch at different venues in the Adelaide Hills suggested and chosen by the members when they meet. We will eat at cafes and hotels that are reasonably priced and selected for good food and conversation.

Come Try Bowls

Organiser: Brent Danks, 0448 061 920

Venue: Mt Barker Bowls Club, Mann Street

Day: Monday 6th Mar (once only)

Time: 1:30pm - 3:30pm

Fee: \$5:00

Ever wondered what goes on under the big white dome in Mann Street Mt Barker? Well now is your chance to find out. Come and try bowling and experience an enjoyable few hours of fun learning the basics then testing your newfound skills in a few relaxed games with fellow members. Fee payable at enrolment and a gold coin contribution is required toward tea or coffee. Please wear flat smooth soled shoes, alternatively, thongs socks or bare feet. Ample parking on site.

David Roche Art Museum Tour (bus)

Organiser: Janet Hemsley, 0428 844 097
Venue: David Roche Gallery, North Adelaide
Day: Wednesday 29th Mar (once only)

Time: 9:00am - 1:00pm

Fee: \$28:00 (gallery tour & bus)

The David Roche Foundation collection, is one of the greatest decorative arts collections in a private institution in Australia. It spans two centuries of European design from the early rococo of France to Faberge in Russia. Book early to join the tour as places are limited. Bus leaving Dumas Street Park 'n Ride Mt Barker at 9:00am. Fee must be paid when enrolling.

Wednesday Wetland Walkers

Organiser: Janet Hemsley, 0428 844 097
Venue: Laratinga Wetlands, Mount Barker
Day: Wednesdays (weekly incl school hols)

Time: 8:30am – 9:30am

Start: 8th February - 13th December

Start at Bald Hills car park and walk around Laratinga Wetland at your own pace and choose short or longer walks. Enjoy good company and an optional coffee after in the BBQ area. NOTE: commencing 8:30am during daylight saving, 9:00am rest of the year.