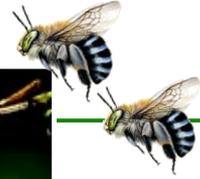




ADELAIDE HILLS



Spring Newsletter

Dear Members

We wish you all the very best as the beautiful Adelaide Hills spring into life! You may be interested to know that we now have 290 members, 62 of whom are new this year—a very special welcome! Those 290 members have enrolled in a total of over 1,150 courses and activities! U3A Adelaide Hills functions solely through the efforts and contributions of our members, all volunteers who give generously of their time, energy and knowledge—they are the lifeblood of any U3A and are highly valued within our U3A AH community. With this in mind, we once again acknowledge our Course Presenters and Organisers who have made a difference to many lives. Without them, there would be no U3A AH.

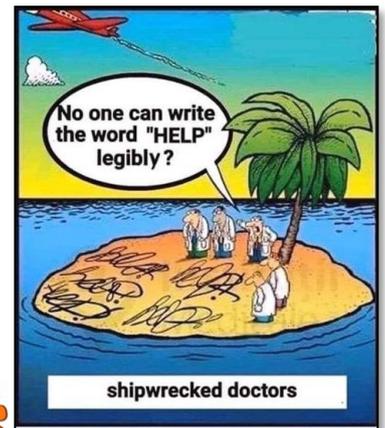
The Committee is also made up of volunteers and, as we lead up to the AGM on Sept 30, we ask those members who have not yet had the opportunity to volunteer to please consider joining us. You will be welcomed and we feel confident that you will enjoy the experience — a bonus, as the pay is lousy! Sincere thanks to those members who have already forwarded their nomination forms.

Looking forward to seeing you at the AGM, but **please** remember to register. Email to u3a.ahills@gmail.com or phone / text (0403 857 600).

THANK YOU & CONGRATULATIONS JEAN

Jean Mur recently resigned from the Committee and we wish to acknowledge her great contribution to the administration of U3A Adelaide Hills. Fifteen plus years on the Committee including lengthy periods as Course Coordinator, Organiser and Secretary—a huge commitment which we have appreciated and from which we have all benefitted.

Best Wishes Jean!



You are invited to the
NOT YOUR USUAL AGM
10:30 am Thursday 30th September
Mt Barker Town Hall

AGM plus a few surprises

Please consider nominating for a Committee position
New Members Wanted, Loved & Respected!

Get your Agenda, 2020 Minutes & Committee Nomination Forms [here](#)

PLEASE RSVP to u3a.ahills@gmail.com

Our sincere thanks to Rebekha Sharkie MP for printing support of this newsletter



New Members

We are thrilled to have welcomed over 60 new members this year.

Thank you Lyndel for sharing your thoughts . . .

Stefan and I joined U3A early this year and have loved meeting a diverse group of local Adelaide Hills members. We are Mt Barker residents and find the convenience of the course venues very handy.

We attended the lunch at Auchendorrach which was great and so well priced, we met new people straight away and were welcomed at a table. We both look forward to attending many courses and thank all the volunteers and committees for making this possible.



FRENCH with Helen Hughes

I am a long time attendee of Helen's group and self-confessed Francophile. It is a testament to Helen's expert guidance and knowledge and infinite patience that I have been turning up year after year, along with most of the original group. It is wonderful to share this time each week with a gathering of like-minded people who are interested in furthering their knowledge of the beautiful language of French and extend their interest in the country, its culture, geography, history, food and way of life.

It is mostly a mix of conversation and grammar, including dictation and written and oral exercises. We are encouraged to watch the French News on TV and the lesson begins with a discussion on current French and world news, a comprehensive guide to what is going on in the world that we do not always see here in Australia. There is a weekly presentation spoken in French by one of the members on a subject of their choice and we have all been given a glimpse of the astonishing and diverse lives that our members have led as well as a wide range of fascinating subjects.

Our end of term break-ups are celebrated with a foodfest, leaning towards French cuisine of course. Most of us have travelled to France and it is quite a thrill to be able to converse in French with the locals, and although I stumble along and struggle at times, I think that the French appreciate the effort. It also makes travelling a lot easier when one can understand signage and directions and most especially the menus.

I am personally very grateful to Helen and the U3A for giving me this opportunity to study a language that I love and opening up a 'romance' with the country. And along the way, I have made many lovely friends.

Lorraine



HAVE YOU READ

A Tale for the Time Being by Ruth Ozeki (2013) This is a story on two continents, bound together by a diary. Nao's diary is carried on the waves of a tsunami across the ocean to the shores of Vancouver Island in Canada, where it is found by Ruth, a middle-aged novelist living in Canada. The story is equal parts mystery and meditation.

The mystery creates a page turner, the meditation is on time and memory, impermanence and uncertainty, and resilience and bravery .



2022 — TIME TO START PLANNING

Can you help?



We are keen to hear from any members interested in starting a new course or giving a one-off presentation.

**Please consider sharing your experience
Join our team of much loved presenters & organisers**

Retirees have so much to offer, not just to friends and family but to the wider community. If you have knowledge or an interest in a particular field you wish to share, please contact us. A quick email will get the ball rolling!

TO PLAY OR NOT TO PLAY

The U3A Ukulele Group meets on the first and third Thursday of every month. The benefits of learning to play an instrument are well documented and include:

- Increased coordination
- Improved immune function
- Improved brain function
- Sharpened concentration

Contact Geoff (0475 404 892) for more information.



Did you know a ukulele was taken on the first all-civilian mission to orbit Earth on September 17?

The U3A ANTHEM



How many times did you say in your youth, you'll never be old and grey
You were never going to shirk, you would never give up work
And retirement seemed a million miles a-way
But the time it came a-round, and very soon you found
The perfect way to keep old age at bay

The answer my friend is join the U3A, the answer is join the U3A

How many groups can you fit in a week, 5 or 6 or maybe even more
You can join Philosophy, you can trace your family tree
Do all the things you want to do and more
You can walk and quiz and sing, you can do most anything
How did you get the time to work before?

The answer my friend is join the U3A, the answer is join the U3A

How many times do you think to yourself, the garden needs a weed and a dig
The fridge needs a clean 'cos the cheese is turning green
And the pile of ironing's looking big
You need to clean the loo, but have better things to do
And what the hell, you couldn't give a fig

The reason my friend is you joined the U3A, the reason is you joined the U3A

The reason my friend is you joined the U3A

You all joined the (Adelaide Hills) U3A

with thanks to Kingswinford UK U3A



Adelaide Hills U3A Hits the National Headlines — again

Last Semester's *Car Rally Scavenger Hunt*, organised by Marjolijn and Heather, is featured in the latest U3A Alliance Australia bulletin. Read all about it and other interesting U3A snippets from around Australia

[Click here](#) for your copy

NEW MEMBERSHIP SYSTEM - We ARE getting there!

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. Despite a few hiccoughs along the way, we have made good progress and fully expect it to be up and running in time for 2022 program enrolments.

Members from scores of U3As around Australia are successfully using the *MyU3A* system and, as you will find out, it is easy to use and has other benefits such as automatic issuing of receipts and printable confirmation of your enrolments. In addition, it will make the life of those Committee members managing around 1,150 enrolments annually so much easier and we are looking forward to introducing it to you soon!

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.



"Old age is like everything else.
To make a success of it, you've got to start young."

Theodore Roosevelt

Our sincere thanks to Rebekha Sharkie MP for printing support of this newsletter



Thank you Carol and all other members who express their appreciation from time to time.



A LOVELY BOUQUET

Hi wonderful U3A Management Committee,

First of all I would like to say a big thank you for the wonderful lunch and get together which you hosted last Wednesday 14th July at Auchendarroch. It was a delightful venue, lovely food at more than reasonable price and I don't know how you achieved it, but just fantastic! Everyone said so!

Thanks for all the information included in your email, and hoping very sincerely that the TTG event occurs, since Tea Tree Plaza is now a 'super spreader' Covid-19 zone. Hopefully things will return to a closer to normal situation by October.

Thanks again for your very newsy email and for the nicest, best 'value for money' 2-course lunch event I've attended in years. That it replaced the French group's usual 'Bastille Day' lunch was noteworthy!

Kind regards

Carol



COVID SAFE

No need to remind everyone how fortunate we are in SA and what our responsibilities are in the current climate, but please bear in mind 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 capacity limits. 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.*

Masks are mandatory in indoor settings except when eating & drinking



Those of you who enrolled in the October Rendezvous will have been advised that the event has been cancelled due to Covid uncertainties.

Our sympathy is extended to Tea Tree Gully U3A - we understand the amount of work developing the three day program would have entailed.

ZOOMING with a CUPPA?

Join the trial—open to all members

U3A South Australia is trialing an online Statewide program

Courses already on offer

Zoom for Beginners, Everyday Internet, Agatha Christie, Positive Psychology, Armchair Travel - Morocco, The Secret Discovery of Australia, and a book discussion group.

For more information and to enrol, click on this link <https://u3asouthaustralia.org.au/courses-2/>

Celebrate International Day of Older Persons

with COTA SA

City Rooms - Adelaide Convention Centre

Friday 1 October

9:45am registration for 10:00am -11:30am

This year's theme was inspired by the attitude of Emeritus Professor Anne Edwards to turning 80 – it is time to **own our ageing**, both personally and as a community. Free event but bookings necessary—[click here](#) to register

Daylight Savings commences 3 October



Spare a thought for all the volunteers who will work through the night moving these stones forward one hour.