



# NEWSLETTER

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## A few words from our president...



Term 3 is about to start, and our diligent Program Planning Group has been hard at work pulling together a wide range of courses, presentations and activities. You will find some current and future course information in these pages, and please make sure you also check the calendar on our website at [www.indigou3a.net](http://www.indigou3a.net) to ensure you are aware of ALL your course options.

As always, our appreciation and thanks go to the tutors, leaders and presenters who generously contribute time and expertise.

I am delighted to announce that we have formed a partnership with Quercus Beechworth to present

the **'Be Connected'** program.

**'Be Connected'** is aimed at developing and enhancing confidence, skills and online safety of older Australians when they use the Internet.

Volunteer 'digital mentors' give free personalised face-to-face training and support. An **Information Session** will be held at **Quercus on 14 August**. You can then join us for five weekly sessions. Check the calendar on the website for details and times.

If you need any help understanding how to use your smart phone, tablet or laptop, I strongly encourage you to go along to these informal and friendly sessions.



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Lastly, if you are wondering about those chairs ... Indigo Shire Council advised us in early June that they had been ordered and delivery would be approximately 12 weeks. Not much longer to wait...



Rosemary Ryan  
President

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## 'Kind Cuts for Kids'.....

*Dr Paddy Dewan*



In June, Dr Paddy Dewan gave members a compelling insight into his work improving

medical services for children in developing countries.

He is a paediatric urologist and surgeon; a passionate advocate for those who experience unfair treatment from the medical system; and a founder of *'Kind Cuts for Kids'*, a charitable organisation that supports the medical teams who have travelled to over 120

countries since 1993.

Donations can be made to the 'Kind Cuts for Kids Developing Countries Relief Fund' at [www.kindcutsforkids.net](http://www.kindcutsforkids.net).

Dr Dewan is also an accomplished poet, interspersing his presentation with a selection of his works.

He has promised a return visit, and next time will talk about 'Understanding our healthcare system: questions to ask YOUR doctor and Dr Google.'

*Photo courtesy Wendy Stephens*

## 2019 Survey....

The 2019 Member Survey will be emailed soon. Your responses are invaluable as they are our guide to building a U3A that meets your needs.

Please help us by completing the survey.

Your responses cannot be individually identified; all responses will be aggregated so that confidentiality is assured.



## We are Listening...

The Program Planning Group is working hard to come up with new programs that provide enjoyment and stimulation for our members as well as retaining those popular favourites which you love. Most, if not all, courses have availability for more people to join in.

To help you choose, on page 2 you will find current courses, and page 3 outlines *some* future courses.

## Fourth Thursday Walks...

*Gerri Boland*

Gerri must have some contacts on high as she has turned on the most glorious weather for the last two walks. In June she took us from the Gorge to Woolshed Falls and it was a fabulous walk....blue skies, cascades, sparkling rippling creeks and a green track to wander along after tackling a steep descent.

In May we had about 30 people turn out for the exploration at the back of Wooragee to discover where the eventual rail trail will pass. Most of us handled the risky crossing of the creek before we ventured up to the old Chinese Wall. It was an enjoyable and interesting day.

## Bike Riding...

Our rides have included Ingham's Rock; the rail trail (both ways), and the mountain bike park's easy track, which was a bit challenging.

We try to avoid too many hills, and riding no more than 10km overall. We are also looking to go further afield in search of less challenging terrain—as long as we can get a lift back.

If you haven't been on a bike for years, or even at all, we will be organising some 'training wheels' sessions, and we plan to get some electric bikes to try out. If anyone is interested, let us know.

## International Relations....

*Gerry Engwerda*

*International Relations* considers current issues in the news and seeks to give a background briefing to the issue or conflict.

It also covers matters of historical and general interest. For example we recently looked at the background to the Persian Gulf Crisis, and previously we considered how people lived in Australia between the gold rushes and WW1. Subjects

can range from "The Rise of China in World Affairs" to "Our relations with Indonesia and PNG".

Sessions are usually lecture based combined with a Powerpoint presentation. Held fortnightly, each session is usually two hours in length. Open discussion is encouraged.

Casual, chatty, challenging and lots of useful information.

## Conversations....

*Michael Evans*

*Conversations* explores a range of topics using insights drawn from philosophy and life experience. Topics are selected in advance by the group. Michael leads us through a discussion that usually focuses on the historical, ethical, and personal aspects of the chosen topic.

Michael's written remarks and suggestions for further exploration informs our understandings. The aim is exploration and insight, not agreement or consensus. No special knowledge or expertise is required. Just life experience and a readiness to reflect on ideas new and old.

*Conversations* has explored some 72 topics to date yet there seems to be an endless number of new topics awaiting our attention.

In the coming term, we will be exploring the limits of human

rationality and tolerance. Our topics for the term are:

- Irrationality (Are we as reasonable as we think we are?)
- Hysteria (The madness of crowds.)
- Rights (Do we need to spell them out? Does Australia need a "Bill of Rights"?)
- Indigenous (What does it mean in a settler society like Australia? Why can matters indigenous be so fraught?)
- Other (Are we condemned to tribalism, to a world of them and us?)

## Friday Poets...

Never thought poetry could be such fun. We have had live performances with Michael Evans and Michael O'Flaherty and others giving a rendition of their favourite poet.

And last month Joy Phillips gave us a brilliant lesson in writing our own poetry which was enlightening, informative and very encouraging.

## Games...

Two hours and lots of fun! At present we only play Backgammon, but soon we should have Mahjong – and we want to include more games, perhaps card games such as Canasta. Bring your own game or just bring your ideas.

## Drama... *Wendy McKay-Taylor*

Lots of enjoyment and vibrant participation. Improvisation, games, script development, acting and so much more.

For those of you who are thwarted thespians, and anyone else who'll give it a go, come and join our *Drama* with Wendy every second Tuesday. We are now tackling a monologue each and the guidance Wendy gives is helping us produce some great results.

## Coming Up...

In terms 3 and 4 there will be new and continuing programs, as well as some one off events.

## Energy...

*Heather Meyer*

### Would Bill Shorten really have taken away your Ute?

With the introduction of smart phones and the Internet we have seen a huge disruption in the way we communicate. In respect of energy generation, distribution and the forms of energy we use, are we on the verge of another equally dramatic overturn of established practices? Is it a threat to the way we live and socialise?

This short course, using a popular science approach, looks at the concept of energy, historical usage, changes leading up to the present and what opportunities might be available in the future.

The four sessions cover:

- 1) basic understanding of energy and how it is transformed;
- 2) electricity generation, distribution and use – present and future;
- 3) personal and mass transport changes;
- 4) what sort of disruption is possible and in what time frame.

No complex concepts or formulae, but a layperson's look at what is happening in this sphere. Attend all sessions, or just one!

## The 6th Extinction...

*Heather Meyer*

*Seriously declining plant and animal populations. What is happening?* These sessions will look at the science behind why we should be concerned; and at the problems and remediation. It will examine the problems of the human population explosion, land degradation, pollution, and the large and small projects being developed to address these issues.

## Science Fiction...

*Michael Evans & Harvey Anderssen*

*Science Fiction* enables us to dream about our cosmos, future or parallel universes, and social development. It has its origins in mythology, philosophy, and fantasy.

Most fiction explores the human condition in some form or other. *Science Fiction* commonly asks what if the world was different? How might a different world function? How might people respond? How might we be changed or challenged?

We live at a time of enormous and exponential advances in science and technology. Many think of it as a science fiction era as we become aware of the changes taking place on our planet, using technologies that would have been considered the stuff of fantasy a generation ago, Smartphones, the internet, and GPS systems to name a few. The dystopias of past science fiction

writers now seem like disturbing possibilities – if not actualities in some places.

It therefore seems worthwhile to explore the origins of science fiction, its usefulness as a way of speculating about our present and possible future, and the possibility of it as a way of running thought experiments for a wide audience.

Michael Evans will present two, two-hour sessions on these thought provoking aspects of science fiction from 10.30 to 12.30 on Wednesday 4 September and Wednesday 11 September 2019. Harvey Anderssen, an avid reader, will provide further commentary during the sessions. Participants will be given notes and some suggestions about science fiction that will be worth reading.

## Architectural Styles....

*Ellen Evans & David Geryga*

We have chosen to call this course *Architectural styles in Australia* because Australians have imported and adapted more styles that they have developed. The Queenslander is an obvious exception.

To cope with Australian conditions, so different from those in the Northern Hemisphere, we have modified imported styles for our own circumstances; for example, a veranda attached to a Georgian style dwelling.

You may recognise many of the styles we will show you, such as art deco, Georgian and Italianate, and we'll be looking at what features make certain periods stand out.

We will introduce and elaborate on the history of Australian Architecture from Francis Greenway to the present day and to illustrate, we are fortunate that representatives of all the major architectural styles can be found in North-East Victoria.

## Two French Artists...

*Ellen Evans & David Geryga*

Specifically, *two French modernist artists* - and that is the only clue we are giving .....

What was it about France, and Paris in particular, that saw such a flourishing of modern art from the 1870s till after WW2?

Certainly there were the foundations of The Academy, the rigour of the Beaux Artes.

As a centre, Paris attracted artists from all over France and beyond, and so various schools formed and by degree influences spread.

The two mystery artists include an historical giant, one of the artists of the time cited by later generations as most influential to their work.

It is likely that the second artist is unknown to you, as he had a very short career - his peak was less than five years. But he is recognised anew as an important artist of his era.

## Seniors Gymnastics....

For those of us who are looking for a different and fun way to exercise, stretch and generally get moving, we have been fortunate to find Erin Machuk.

An orthopaedic physiotherapist, Erin's business, Indigo Gymnastics, operates out of 26 Crawford Rd Beechworth. A few U3A members took up her kind offer of 'try out' sessions for Seniors.

Rather than getting straight into somersaults on the balance beams or giant swings on the parallel bars, we engaged in age appropriate stretching, balance and strength building activities tailored for our ageing joints and variously damaged body parts.

Erin was right there to guide and encourage us. A number of us signed up right away for the Seniors group which will commence in Term 3 at \$14.50 per session. Contact Erin via her website at [www.indigogymnastics.com.au](http://www.indigogymnastics.com.au)



## Hitting The Air Waves....

Gail Warren-Smith and Rhonda Kirkland are designing a new radio program to be presented on Indigo FM. They have created a format to include members as either a guest or an interviewer.

Guests would be invited to bring along some of their favourite music that will be interspersed with their unfolding story.

Conversations would centre on what brought guests to Beechworth, their significant work and life experiences, along with their future aspirations. Please contact us if you are keen to participate. It will be a lot of fun, and, we believe, of great interest. **Do come and share your story.**

## Art Classes...



**You asked and we came through.**

Many of you asked for *Art Classes* when filling in the survey last year and the Program Planning Group, in the absence of a suitable volunteer tutor, has been eager to find a solution.

We approached the Mayday Hills Art Society (MDHAS), and Christine Cansfield-Smith and Wendy Stephens have very kindly sent a proposal for U3A members.

In Term 4, two art courses, each of five sessions, held fortnightly, will be offered over a ten week period. Each workshop session will last about two hours.

The two courses offered are: "*An Introduction to Botanical Art*"; and "*Sketching with Pen and Ink*". The fee for these classes which covers the costs of all materials is \$25 per person per class (a total of \$125 per course). There will need to be a minimum of 6 people attending each workshop. These workshops will establish the level of interest and the feasibility of an on-going relationship with MDHAS.

MDHAS can be contacted at [bibart@bigpond.com](mailto:bibart@bigpond.com)

## Phil Bunn's Corner....

From the day that you retire

Set some goals that will inspire,

Despite dwindling health

And dwindling wealth,

And do the things that you desire.

## Your U3A website ...

Information about Indigo U3A and the courses and activities available to members will be found on our website at [www.indigou3a.net](http://www.indigou3a.net).

You can learn how to use this through '**Be Connected**' at Quercus (see Presidents message on page 1) and, of course, our own Garth Blackman is always there to help at his Tech Savvy Seniors sessions.

Please visit the website regularly to check for updates and offerings, and enrol to attend any of the courses and activities. You will need your Indigo U3A member number and password.



**Please do contact us if you need help.**

## Indigo U3A ....

### Committee of Management

**President:** Rosemary Ryan

**Vice-President:** Michael Bydder

**Secretary:** Frances Baker

**Treasurer:** Richard Maskiell

**Member representatives:** Harvey Anderssen, Michael Evans, Jan Milhinch and Maureen O'Flaherty.

### Program Planning Group

**Group Members:** Carolyn Barratt, Gail Warren-Smith, Frances Baker, Maureen O'Flaherty, Brenda Nicholson and Margaret Anderson

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