



NEWSLETTER

Volume 2, Issue 1

March 2019

A Welcome From Our Incoming President...



The 2019 AGM of Indigo U3A was held on Wednesday 13 March, and our 2019 Committee of Management (COM) elected.

Thank you to all those who attended and participated in the election. The new committee members are listed on the page 4 and on the website.

On behalf of the membership I extend our appreciation to John Meyer and Joyce Wilkinson who have stepped down from office, and our gratitude to those who are continuing to offer their energy and support. I am delighted to welcome new COM members Jan Milhinch and Maureen O’Flaherty.

We are all committed to working on your behalf to ensure the

continued growth of Indigo U3A.

A special vote of thanks must go to John for his leadership, and particularly for his unstinting determination in the pursuit of a fair deal for us in our current home. (A brief progress report on the venue. We have a new printer and new tables .. and new chairs are coming soon!) Thanks also to Richard Maskiell for bringing those extra chairs from Stanley.

The Program Planning Group has ensured a packed schedule filled with interesting sessions and activities. I thank all those involved in the development and delivery of the program and acknowledge their contributions and generosity in offering us their time, knowledge and expertise.

The backbone of Indigo U3A is the program which is provided by

members for members.

I look forward to catching up with everyone over the next few weeks. Please don’t hesitate to contact me with any comments, ideas or feedback. Your views are always welcome.

Rosemary Ryan
President

email: president.indigo.u3a@gmail.com

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Dr Kathleen Brasher addresses Indigo U3A AGM...

We were privileged to have Dr Kathleen Brasher address us following the AGM on 13 March. She touched on many topics close to our hearts here in the Indigo Shire where 20.7% of our population is aged 65 years or over.

Kathleen is Project Manager with the Beechworth Health Service working towards building an Age-Friendly Indigo Health System, and is Principal Lead for Age-Friendly health in Northeast Victoria.

Her commitment to improving the lives of older people is illustrated

by her work with the World Health Organisation as a member of the World Health Organisation Global Age-Friendly Cities & Communities Strategic Advisory Group.

She has many years of experience in the health sector as a nurse,



Dr Kathleen Brasher

midwife, counsellor and as an academic, working with a diversity of people in the public, private and government sectors.

Her experience in issues of ageing also includes work with the Council on the Ageing in Victoria in her position as Chair of the COTA Federation (formerly known as Council on the Ageing), with its national approach to the development of Age Friendly Communities.

Kathleen has kindly accepted our invitation to address our members again during this year.

Four events had been planned, and due to the extreme heat the "Greeting the New Year" Garden Party was regrettably cancelled. 'Poets' was also deferred due to the heat. Despite these setbacks, Indigo U3A members were privileged to be part of three enthralling events.

On 9 January '**A Car Rally to a Mystery Destination**'. This event was a wonderful success with everyone having such a great day that it will be featured on the Summer School Calendar for 2020. A special thanks to Jann & Nance.

On 22 January U3A members assembled for '**An Afternoon of Entertainment and Hilarity**'. A radio play entitled "Sunday Sippers" by district playwright, Carol Hall, was pre-recorded by members of the Beechworth Theatre Group. Supported by a mock set, three cast members and imagery on the large screen, the action centres around six women in a retirement village gathering on Sundays for bubbly, nibbles and gossip. The initial light-hearted banter yields to a dramatic finale.

After an interval we saw the unexpected arrival of a well-known

ARTISTE in the person of Dame Edna Everage. General chaos ensued along with screams of laughter as gladioli were flung around the room.

The large audience left the building still laughing and clutching their gladioli!



[PS: It's a worry when your own Mum doesn't recognise you, David.]

On 30 January, '**Food for the Soul – Four Poets**' with biographies and readings of four poets..

William Wordsworth's '**Intimations of Immortality**' read by Linda Bunn.

John Keats' '**Ode on Melancholy**' read by Janet Gardiner.

Wisława Szymborska's '**Metaphysica**' read by Olga Evans.

AB (Banjo) Paterson's '**The Man from Snowy River**' read by David MacKay.

Each presentation was enhanced by audio visual imagery provided on the big screen by Philip Bunn.

After each presentation, the four enthusiastic students of poetry were greeted with rapturous applause.

Judging by comments received, the Summer School program has become a highly anticipated event on the Indigo U3A calendar.

THANK YOU TO:

Gina Kromar for the buttonhole.

Ritchies IGA for the Prosecco.

Dieter & Karin for the antique chairs.

All those involved in organising these events; to the presenters and to the attending members.

Phil Bunn's Corner....

TITTLE TALE

I don't give a tittle or a jot

At least I know what they're not.

But a jot's not a tittle,

Though it matters very little,

That a tittle can be found in a jot!

PS - and vice versa. *

*** a tittle is the dot above i & j
a jot is the cross through a t.**

Beechworth's History Session I ...



Photo provided by Wendy Stephens

In the first of a series of historical narratives about Beechworth and surrounds planned for this year, **Dr Jacqui Durrant** presented '**Beechworth's First Nation's People – An Historian's Perspective**'

Jacqui spoke about her research to uncover the indigenous clans that inhabited the local area at the time of white settlement and the nature of the local landscape at that time. That landscape gave indication of effective land husbandry providing a bountiful area in which to live throughout the year. Descendants from these tribes are sparse due to disease, massacres and removal but some are now coming together to celebrate and preserve their joint heritage.

Jacqui's talk was illustrated by early photographs of local First

Nation's people, 19th century paintings of the area as well as diary notes of explorers and early settlers. An excellent presentation with the audience leaving asking for more.

For details of the next in the series on 30 April see page 3



Photo provided by Wendy Stephens

Second in the series is....

'Bedlam: Living with a Mental Asylum in Town'

'How have people's memories of Mayday Hills been shaped by, and in turn helped to create, its sense of place?'



Since its opening in 1867, the Beechworth Lunatic Asylum at Mayday Hills has been a dominant feature, physically and socially, in the life of Beechworth and its people. The psychiatric hospital closed in 1995 and the site is now in private ownership. The grounds and buildings are being renovated and repurposed. Will these changes obscure the history, memories and sense of place that is Mayday Hills?

Dr Jennifer Munday (Charles Sturt University) and Eileen Clark (La Trobe University) will bring the history of Mayday Hills to life in this presentation, collated from stories told by former employees and others connected with Mayday Hills for a recent collaborative research project.

The presentation will also include up-to-date information about the specific focus their research is taking, and what publications or outcomes are expected.

Tuesday 30 April—1pm-3pm
Be sure you don't miss it!



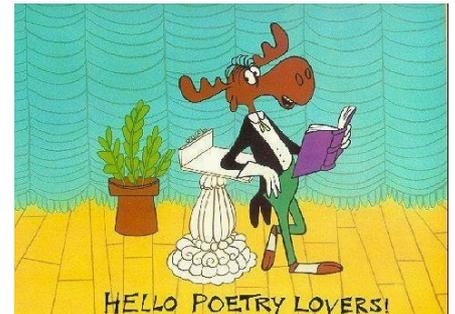
The first session for Friday Poets was held on 1 March, and began with readings by Janet Gardiner and Linda Bunn.

Janet introduced the group to Alexander Sergeyevich Pushkin with the poem 'Winter Evening', and an excerpt from the opera 'Eugene Onegin' also written by Pushkin and put to music by Pyotr Tchaikovsky.

Linda read three poems which highlighted the life of Anna Akhmatova (1889-1966) before and during Stalin's dictatorship, and the dramatic changes it had on her life and the lives of fellow Russians.

Future sessions will be held on the first Friday of each month and will include Personal Poetry; Poetry of Choice ie Classics, Modern etc; Pairs to Present; Understanding Poetry; How to Write Poetry. We will also invite guest presenters.

Information on the program for each session will be provided in the weekly "What's On" email.



Memoir writing...



I think it goes to the heart of memoir writing that our examined lives are about exploring experience,

reflecting upon it, finding meaning, and then selecting, shaping and crafting both the memories and their meanings in words.

Much as T S Eliot writes—

*'We shall not cease from exploration
at the end of all our exploring
will be to arrive where we started
and to know the place for the first time.'*

T S Eliot 'Little Gidding', from *Four Quartets*.

So – what is a memoir?

Jon Day said of Gerard Murnane, the Australian fiction writer, that '(he) is exploring the ways our minds and memories mediate the world'. (Review in the Guardian Wed Jan 23 Jan 2019) That is why I have said that I find it interesting when a really young person writes a

memoir, because it seems to me that memoir writing requires, even demands, a long period of exploration, muddle, confusion, meditation and hopefully a clarity, that offers itself through the actual process of writing.

Memoirs come in myriad shapes, with different pretensions and devices. The group considered a representative pile of memoirs from my book shelf. Who wrote them, what was the motivation?

We then turned to a discussion about writing your own memoir: why write a memoir, who it's for, how to start, how to express the intricacies of memory and feeling, how to tell the stories, how to shape them for an audience of one (you) through to any audience you wish to reach.

In Semester 2, beginning in August, we will delve further into Memoir Writing with a series of fortnightly courses. Dates will be advised soon.

Joy Phillips
Tutor, Memoir Writing
March 2019

Course update...

The 2019 program is in full swing with Term 1 nearly over, and Term 2 coming up fast. Our most popular regular courses are continuing.

They are ..

- **Art & Architecture** (Ellen Evans and David Geryga)
- **Conversations** (Michael Evans)
- **International Relations** (Gerry Engwerda)
- **Justice – An Ethics Course** (Heather Meyer)
- **TechSavvy Seniors** (Garth Blackman)

Also continuing are the:

- **Fourth Thursday Walks** (Geri Boland)
- **Men's Book Group** (Michael O'Flaherty)
- **Tastes** (Joyce Wilkinson).

New for 2019 is

- **Drama – Stimulating Creativity** (Wendy McKay-Taylor)
- **Friday Poets** (see page 3)
- **Memoir Writing** (Joy Phillips)



• **Bike Riding Group**

Full details of these courses and activities will be found on the website under 'Course Descriptions'.

New "Games"...

New in Term 2: Fortnightly starting Monday 29 April from 2pm-4pm at the OBRS we will be running a **GAMES** afternoon.

Currently there is a group playing Backgammon which you are welcome to join. We would like to open this up for other games, so come along with ideas and games you'd like to play. Chess, Draughts, Cards, Mah-jong are all possible.

Future Newsletters ...

WE NEED A NAME!!

Most U3As give their newsletters a name and we don't yet have one.
SO...

We need a name ...

Let's start the competition!

Deadline for entries:

Wednesday 1 May.

Email your entry to

indigo.u3a@gmail.com.

And the prize...it's a **Mystery Prize!**

Enter as many names as you like.



STOP PRESS !!!

A brilliant talk was just given by Gabriella Tange from BHS about using apps and on-line resources.

More on this coming soon.

Midwinter Feast...

This year we are thinking of having something a little different..and..we'd love you to plan to join us for

A LEBANESE BANQUET

at 'La Maison Café',

40 Lincoln Causeway, Wodonga.

On **10 July at 12.30pm**

Bountiful, delicious, authentic food includes chicken, lamb and vegetable dishes, dips, salads and breads; drinks include citron pressé, coffee & tea.

Wine available at bar prices.

Cost: \$50 pp.

EVERYONE WELCOME

Your U3A website ... Page 4

Information about Indigo U3A and the courses and activities available to members will be found on our website at www.indigo3a.net.

We encourage you to visit the website regularly to check for updates and new offerings.

You **MUST** enrol to attend any of the courses and activities. You will need your Indigo U3A member number and password. If you have forgotten either or both, go to the 'How to Enrol' instructions under the 'Course Descriptions' tab on the website.

We know that not all our members are confident in their ability to navigate the internet, so please **contact us** if you need help.

Who we are

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

Convenor: Joyce Wilkinson

Group Members: Harvey Anderssen, Maureen O'Flaherty, Gail Warren-Smith and Brenda Nicholson.

Publications

Website: Rosemary Ryan

Newsletters & Event Flyers:

Editor: Rosemary Ryan

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