

# U3A FLINDERS NEWSLETTER – MARCH 2022



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## U3A Flinders Inc - Annual General Meeting 2022

The AGM was held at 2.00 pm on Tuesday 8th March 2022 at the Active Elders Association Hall. Thirty-nine members were present, and a number of apologies were announced. President Liz Gordon presented her Annual Report, and declared that she was standing down as President after having served in that position for three years. However, Liz stated that she would seek election as Vice President for 2022. Fortunately, one candidate (Chris Bennett) had agreed to be nominated as President for the coming year. Pat Davies and Margaret White did not seek re-election. Following the presentation of comprehensive Reports by the President, Treasurer, and Programme Co-ordinator, Judy Milford was appointed Returning Officer and she declared all Committee positions vacant. The following office bearers were then elected unopposed:

### Officers of the Association

**President:** Chris Bennett

**Vice President:** Liz Gordon

**Secretary:** Bob Mills

**Treasurer:** Michael Brooke

**Programme Coordinator:** Max Gordon

**Office Coordinator:** Vacancy

**General Committee Members:** Raquel Kneebone, Mary Bown, Jacqui Brinkman, Heather Williams, Raelene Fuss.

**Non-Committee positions. Public Officer:** John Bartlett. **Auditor:** Ray Bown.

These positions were confirmed with the approval of the meeting.

Following the elections, Certificates of Appreciation were awarded by the President to Margaret White and Dean Carver for outstanding contributions to the successful operation of the organisation.

At the end of business members enjoyed a self-serve soft drink and cake provided by the Committee, maintaining social distancing in accordance with Covid Safety rules.

### Message from our new President, Chris Bennett



Firstly, I would like to sincerely thank my predecessor, Liz Gordon, for fulfilling the post of President for the past three years. Hopefully I can now continue the tradition of ensuring our group goes from strength to strength over the next twelve months. I am fortunate in that we have a very capable, strong Committee to keep me on the right track.

U3A Flinders provides all members with a wonderful opportunity for friendship and learning, but all this has to be organised by volunteers from within our group. So, could you give back a little by offering to do a future stint on the Committee, or by helping to recruit speakers for our Programmes – or possibly by presenting a session of your own?

Finally, a warm welcome to our two new Committee members – Raelene Fuss and Heather Williams.

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## Dean Carver

Dean was acknowledged for his outstanding contribution, over many years, as an Office volunteer and for his invaluable assistance with the sound system and other technical issues to ensure a reliable and professional service at the Active Elders Hall.

## Margaret White

Margaret was recognised for her outstanding contributions as a Committee Member over many years, as a presenter of Programme Presentations and her unstinting assistance at the Active Elders Hall during Covid-19 restrictions.



**Certificates of Appreciation presentation**  
*Dean Carver, Liz Gordon and Margaret White*



## U3A Committee Members 2022

*L-R: Mary Bown, Heather Williams, Michael Brooke, Bob Mills, Chris Bennett, Liz Gordon, Max Gordon, Jacqui Brinkman, Raelene Fuss. (Absent: Raquel Kneebone)*

## U3A Flinders Book Group 2021

**Judy Milford**

This group meets on the third Friday of each month at 1.30pm at Parkholme Library.

Members volunteer to choose a book for the month and lead the discussion. This provides a wonderful opportunity to experience new authors and genres. Each member sources his/her own copy of the book library, E book, book shop etc).

Our first discussion groups were in chairs socially distanced because of Covid but as the year went on, we were once more accommodated around the big table allowing easier communication. An average of six attended, with interesting discussions, often more so if we did not enjoy the book.

Book choices were as wide as the interests and “discoveries” of the group...fiction (2), historical fiction (1), non-fiction (3), autobiographies (1), and memoirs (3).

New members are always warmly welcomed.



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## U3A Flinders Walking Group

Judy Milford

This group of around 20 meet fortnightly at 9.30am, rain or shine... but not if the forecast temperature is 32c or over.

Walks vary between beach, hills and urban areas or following creeks or rivers. They can be shorter historical walks or longer and more challenging treks.

2021 began with walks that had been cancelled in 2020 because of Covid.

We are fortunate that members are constantly suggesting new walks and offering to lead the group. New walks have included the Patawalonga loop; from Hallett Cove on part of the old Willunga railway route; City South East Historic; Aberfoyle Park Woodland Ridge Conservation Park; Great Buildings of Adelaide and Tonsley Precinct followed by a walk along the overhead railway on the shared bike/pedestrian walkway to Flinders Hospital.



*Left: Alongside the sculpture of Matthew Flinders and his cat Trim, near the Flinders Railway Station*



*Right: Outside the University of Adelaide Mitchell Building on the recent North Terrace Cultural Boulevard walk*

The year ended with a Brownhill Creek walk followed by a picnic lunch in the park.

Walks are a great way to get to know other members as we chat along the way. The essential coffee, mostly at the end, Covid permitting, provides another social opportunity.

New members are always warmly welcomed.

## Flinders U3A Writer's Group Report 2021

Ted Flaherty

Like most activities, our group was very much impacted by Covid restrictions during 2021. Some members emailed their writing efforts to other members and some took the time and effort to post back comments and criticisms. In March we were able to meet in the Parkholme Library. We were given an open area where the chairs were set out appropriately spaced. We appreciated the librarian's efforts to accommodate us but many of us are hard of hearing and with mask wearing mandatory it was hard to hear the readings and the responses.

Health issues and medical appointments also impacted on attendances throughout the year. When we eventually were able to sit around the long table it helped that at most sessions, we had one or more absent making for easier communication.

On the positive side, Glenys Brokenshire was able to get her brilliant novel: 'Thicker than Water' published on Amazon with the help of long-time member, Heinz Roth who the members have talked into re-joining for this year.

Lee-Anne Kling also published her exciting sci-fi novel: 'The Lost World of the Wends'. Other writers are working on drafts and editing.



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## *Did You Know*

- *February 1865 is the only month in recorded history not to have had a full moon.*
- *The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.*

## **Is it possible to slow down some aspects of ageing and functional decline?**

**Max Gordon**

On Thursday July 15, 2021 U3A members heard an excellent presentation by Professor Susan Gordon (no relation) on the findings of a comprehensive study of 600 people from Adelaide aged between 40 and 75 years of age. The aim was to investigate and evaluate how individuals progress from being classified as ‘healthy’, to ‘pre-frail’ and subsequently to ‘frail’, and hopefully come up with some ways to retard the inevitable decline as we transition into old age.

Several members contacted me after Sue’s presentation, to ask if I could try to distil the key points of this major, detailed report into a more digestible and directly useful list which might be valuable to us all. So, rather than covering just the dispiriting and depressing facts, figures, and measurements in the report, I thought I would concentrate on the positive things that were revealed.

The most critical finding, in my view, was the clear message that it is **never too late** to take some steps, however small, to improve our personal well-being and physical proficiency. So, below are the most important suggestions revealed within Sue’s comprehensive report.

**Keep mobile.** Do not become a couch potato. Get up from your chair regularly, stretch your legs and move yourself around – even if only within your living room. A gentle walk around the block, within your capabilities, is even more valuable. Walking is generally considered to be the cheapest and best exercise.

**Maintain your balance.** Falling over is a key indicator of progression to frailty. Be aware that one fall often leads to more falls – so it is vitally important to get some advice on simple exercises to improve general balance, flexibility and steadiness on your feet.

**Look after your feet.** Wear ‘sensible’ shoes which are not only comfortable but provide support and grip. House slippers tend to be worn for many hours each day, and should not be flimsy and/or ill-fitting. Attend a qualified Podiatrist regularly.

**A good night’s sleep.** Do not indulge in watching TV or other ‘screens’ before going to bed. This includes your computer, iPad, or iPhone. Try to wind down – not up! The bright moving colours plus huge variety of interesting topics provides the brain with excessive stimulus, making sleep difficult to achieve. Definitely do not sit up in bed scrolling through the images on your iPad!

**Healthy diet.** Eat small, regular meals, with a wide variety of foods – particularly vegetables.

**Social interaction.** All studies seem to agree on the importance of maintaining social contacts e.g., by joining U3A Flinders, Probus, various special interest groups, etc.

**Core strength.** You should try to achieve sufficient physical fitness and strength to enable you to carry out routine everyday tasks, such as operating kitchen and other equipment, opening packets and jars, lifting and carrying pots and pans, etc. Make use of inexpensive fitness equipment, such as a hand-strengthening device (available at sports shops), and get some advice from a Physiotherapist on how to exercise safely within your capabilities.

This newsletter is compiled by co-editors Judy Milford and Nola Byass.

We value your contributions, both text and photos.

Please submit to

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by the end of May 2022.



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