



ADFAS Blue Mountains Inc.

Newsletter



Margaret Lipscombe

As the new Chair I'm delighted to be able to invite you back to live lectures for 2022.

I'd like to thank our former Chair, Sharryn Ryan who kept us all motivated and on task throughout the last two years and also our fabulous and hard-working committee.

The last live lecture we heard was in February, 2020 when Susannah Fullerton talked to us about A.A. Milne and his wonderful characters.

The livestream lectures that followed were excellent but they were just not the same as a face-to-face experience.

Thankfully, over the last year, Australians have come forward in their millions to be jabbed. Indeed, by the time this newsletter goes to print many of you will have had a booster shot.

Nevertheless, please be assured our lectures will be conducted in a covid-safe way and we will be following all the required health protocols.

International travel has now returned in a limited capacity but, as you know, the ADFAS National Executive have to make tour decisions well in advance so it was decided that all circuits would have an Australian lecturer tour in 2022. Consequently, we'll be hearing from interstate speakers on a wide range of topics which we hope you will enjoy, from Oriental carpets in Transylvanian churches, Antarctica to Max Dupain's photography.

As we often say, you are our best promoters. Most new members join ADFAS through a personal contact so please continue to spread the word.

We are very fortunate to be able to hear outstanding lectures right here on the mountains and we want others to share that experience.

Do let your friends know about Susannah and her talk on the Bronte Sisters. I look forward to seeing you on 4 February 2022 at the Wentworth Falls School of Arts.

*Margaret Lipscombe
Chair
ADFAS Blue Mountains*

Summer, 2022

Lectures 2022

18 March

John Neylon-Visualising Australia.
How iconic works of art have shaped the way Australia sees itself.

22 April

*Robert Clancy-Antarctica:
A Global Village.*
Hear about the 500 year story of this remarkable place.

27 May

*Peter McPhee
Painting the French Countryside.*
Explore the period of 1840-1920 and learn why artists painted the countryside as they did.

New Members Morning Tea

Monday 11 April 2022
10.30am
79 Falls Road,
Wentworth Falls

ADFAS Blue Mountains Executive Committee Members

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Visit the Blue Mountains

What would I recommend to a visitor to the Blue Mountains? They could start at Blue Mountains Cultural Centre.

There were children skidding across the cool stone foyer as I stepped out of the lift there last time I visited, interrupting the jazz coming from the café.

While I waited for a very acceptable coffee, I popped inside to check out *Into the Blue*, the only light coming from illuminated photographs and stories of this part of the world.

When I left to get that coffee, I glanced to the left. There's a huge picture window framing distant blue-tinged mountains.

Yes, tell your friends to come for those mountains but there is so much more to experience than *les trois soeurs*.

A fun fact you may like to share with them: the Blue Mountains are not actually mountains, rather, the whole area is a deeply incised sandstone plateau rising to a height of 1,300 metres at the highest point (so, in summer, no matter the day time temperature, it always cools down at night).

The plateau consists of 1.03 million ha of sandstone with humans living only on a tiny sliver a couple of kilometres either side of the Great Western Highway, the transport spine that links the villages from Glenbrook to Mount Victoria.

This ancient land, which is up to 470 million years old, has been inhabited

by the Dharug and Gundungurra people for at least 40,000 years. Being a World Heritage area, its natural beauty is well known, but there's so much more to experience:

My top five:

1. **Mt Vic Flicks:** when the days get too hot (which they will in January), check out this old time cinema with its original candy bar and arthouse films.
2. **Lawson Pool:** just because you're 100 kms from the coast it doesn't mean you can't swim. Whether it's lap swimming or just a fun splash around, take a picnic and sit on the grass in the evening shade of the eucalyptus trees and take in the ambience.
3. **Wentworth Falls Lake:** walk around the lake (originally built to provide water for steam trains) with your dog or favourite grandchild. There's a picnic area, a natural bushland reserve with boardwalks and a huge new interactive children's play area. The lake is suitable for kayaks and canoes but not watercraft with engines. Admire the sandstone sculptures by local sculptors inspired by native plants and their seeds/nuts scattered along the shore.
4. **Blue Mountains Botanic Garden, Mt Tomah:** the shaded glories of the cold climate plantings at Mt Tomah make for a cool and refreshing respite from Sydney heat. Spend a morning here and

finish off with a delicious lunch at the café.

5. **The next ADFAS lecture** (of course). Check out the programme at adfash.org.au. Tell your visitors to start their long weekend on a Friday at the Wentworth Falls School of Arts being immersed in informative and entertaining stories from the world of the fine arts.

After all those activities your city visitors will want a nice meal and somewhere quiet and beautiful to stay. No problems with either of those but that's another story.

...Sharryn Ryan

Find Your People

Among the enduring changes brought about by COVID19, one has been the exodus of people from Australia's cities to rural and regional areas. Thousands have made the change for health and lifestyle reasons, facilitated by the ability to work from home. This represents the largest Australian internal migration on record.

One of the more popular destinations has been the Blue Mountains, due to its proximity to Sydney for those who still need to occasionally attend the office.

But it can be hard to break in to a new area and find new friends and interests. Amy Jones, a woman who left her life in Melbourne for the Mornington Peninsula, has this top tip for anyone planning to move to the country.

'I'd advise other tree-changers to get connected. Join a gym. Join a swim or running group. Find your people.'

Do you know any tree-changers who may be interested in the fine arts? Consider giving them the brochure for the ADFAS 2022 program, and use your guest pass to invite them to a lecture. Not only will you be helping your new neighbour, you'll be doing something to assist in building the membership of ADFAS Blue Mountains.

...Sharryn Ryan

Vale Joan Didion

5.12.34 - 24.12.21

Distinguished American journalist, novelist and essayist

- "We tell ourselves stories in order to live." ...
- "Life changes in the instant. The ordinary instant."
- "Grammar is a piano I play by ear." ...
- "You have to pick the places you don't walk away from." ...
- "There's a point when you go with what you've got, or you don't go ..."
- "I write entirely to find out what I'm thinking, what I'm looking at, what I see and what it means. What I want and what I fear."