

# LIFE IS FOR LEARNING

**Your Committee, who work tirelessly to make U3A a success, are happy to answer any questions or take up any suggestions you may have. Please contact us:**

<b>President:</b>	Brent Morrell	0427 963 386	<b>Newsletter:</b>	Diana March	0499 822 661
<b>Vice President:</b>	Marian Woodberry	0412 649 766	<b>Grants:</b>	Tony Guster	0447 781 820
<b>Secretary:</b>	Daina Braddock	0412 416 892		Anne Chase	0448 108 249
<b>Treasurer:</b>	Shirley Sims	0413 189 377		Bev Hartigan	0438 507 606
<b>Courses:</b>	Anna Harper	0427 519 472		Meredith Dunn	0438 821 229
<b>Web Master:</b>	Terry Marter	0427 618 145		John Penna	0418 839 282

A very warm welcome to all new members of U3A Riverland and welcome back to those returning for their second or third year of membership. We are still quite a young organisation.

The February 22nd AGM saw President Brent Morrell, together with Terry Marter and Tony Guster returned to office. We sincerely thank Brent for being willing to stay at the helm for another term.

In addition, two new committee members joined the team. We are pleased to have both Meredith Dunn and John Penna on board. Both are long-term locals with a wealth of knowledge and real commitment to our region.

We farewelled Judith Henning from the committee and thank her for several years of valued contribution. Judith has relocated to Qld where she has joined her local U3A.

The number of activities that are now in their third year attest to the popularity of these courses and the selfless, ongoing dedication of the tutors involved.

Each term offers new activities so please consult the schedules that are sent to you

## FROM THE EDITOR Diana March

and register your interest. Remember that you can always access the current term's information on our website.

Thanks must also go to U3A member Alan Key—his considerable efforts in renovating our clubroom are really appreciated.

It always thrills me to hear members say they have made new friends through U3A activities. There is no doubt that lifelong learning is a key to healthy ageing but social activity also plays a significant role. Let U3A help you to achieve these benefits. If you know of someone who isn't a member yet, please encourage them to join.



## PRESIDENT'S AGM REPORT Brent Morrell

At the commencement of the 2017 we welcomed Bev Hartigan and Sue Luchich to the Committee. Unfortunately Sue found conflicting commitments precluded her continuation. Bev's been an extremely valuable addition to our ranks, supporting Daina with the Art groups and working with Anne Chase in seeking to further Community Partnerships. Late in the year we were saddened to accept Judith Hennig's retirement from the Committee. Judith was always quick to volunteer and to support others, most notably taking on the catering role for the highly successful 2017 Riverland Rendezvous.

One year ago I stood in front of the AGM and reported that your tutors had delivered more than 230 activities to over 1300 member attendances. We



were all pretty proud of that, so I was astonished when Course Coordinator, Anna Harper, reported an almost 50% increase to 1916 member contacts in the past year.

Whilst membership has remained fairly static, member's participation rate has increased markedly. Well done to all of you for embracing U3A and helping us achieve our goal of keeping active in our senior years. Once again, a big thank you to our tutors and facilitators for providing the many opportunities and to Anna and her assistants for putting the extensive program together.

One new activity offered in 2017 – sock knitting – is a great example of what can be achieved if someone has an idea and runs with it. Who would have thought, but this activity was fully subscribed in about two minutes, only ran for a few weeks and everybody had a lot of fun. It was an excellent example of keeping active mentally, physically and socially, even if the physical aspect was limited to fingers and tongues! I understand that there will be a repeat of sock knitting in the near future.

Our "core business" aside, 2017 will be remembered for two major events. The first was our move to these premises in the autumn.

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DON'T MISS  
**OUT**  
Register your interest in activities

# John Penna

I first became interested in U3A when my father attended sessions in Adelaide some years ago. When I heard that a Riverland U3A was being formed I expressed interest but was still working as a GP in Berri.

Josie, my wife, joined the Art group with Daina Braddock and when I more recently muttered about retirement, she enrolled me in Creative Writing with Brent Morrell.



Now that I have retired I am enjoying writing and the challenges that come with it. I have produced nothing publishable but it is fun nonetheless. I realised that I had not written anything fictional since high school although all my working life I was writing professionally.

I am married to Josie, formerly a Junior Primary teacher, with two adult children. Eloise is an architect in Adelaide and Matt a research scientist in Melbourne. Josie and I love to travel and have been to Europe, Canada, USA, South America, China, Japan and SE Asia. We have lived and worked in the UK twice.

I am mad golfer and secretary of the Berri Golf Club. I'm also into cycling, red wine, Port Power and have an old Porsche 911 that I restored some years ago. I studied medicine at Adelaide Uni before spending a year in England doing Obstetrics. We returned to Adelaide and I found a GP place in Berri, where we have lived since 1980. I chaired the establishment of RiverdocsED and was the first Clinical Director for 5 years. I found this very challenging but satisfying. For 35 years we have had a small orange orchard and for 20 years we had a vineyard in Berri which I am glad to be free of now. I look forward to an active and mentally stimulating retirement."



*Diana March with the wreath of poppies she created—this wreath will be laid at the Renmark ANZAC service by U3A member & returned serviceman Tony Guster*



The Flanders poppy has long been a part of Remembrance Day, the ritual that marks the Armistice of 11 November 1918. It is also increasingly being used as part of Anzac Day observances.

Several crochet poppy sessions facilitated by Marian Woodberry have produced hundreds of red poppies that will adorn wreaths to be placed at shrines of remembrance on ANZAC Day.

Visit the website [5000poppies.wordpress.com](http://5000poppies.wordpress.com) to see international tributes of respect and remembrance—displayed through the humble crochet or knitted poppy.

*Above: U3A members Chris Rowe, Sue Luchich, Yvonne Stuffers, Lyn Haynes and Shan Hausler with materials to create crochet poppies*

**LEST WE FORGET**

# Out&About





“Plein air” is a French term meaning outdoors or in the open air. Painting plein air is essentially about observing and painting subjects from life outdoors. This practice increased in popularity in the 19th century after the invention of tubes for oil paint. Plein air painters can paint in any media and usually paint landscapes. They typically attempt to capture the impression of the atmospheric effects in terms of light and colour. Some painters who paint plein air will always finish what they start outdoors; while others (such as Monet in later years) are content to start a painting plein air, make a record of the light and colour and bring it back to the studio for completion.

The combined U3A art groups gathered at Martins Bend in Berri recently to experience painting outdoors, after watching tutor, Daina Braddock, create an oil based landscape.

Famous plein air enthusiasts include French artists Claude Monet & Renoir together with Dutch artist Vincent Van Gogh and Australian artists such as Frederick McCubbin, Tom Roberts, Arthur Streeton and Sir Hans Heysen.



Art tutor Murray Goodes with students in his drawing class

## Colours Of Impressionism

Masterpieces from The Musée D'orsay in Paris include works by Monet, Renoir, Manet, Morisot, Pissarro and Cézanne, among many others.

This major exhibition of more than 65 Impressionist masterpieces is showing from March 29 to July 29 at the Art Gallery of South Australia.

Are you interested in taking part in an organised trip to the exhibition? U3A art tutor, Daina Braddock will provide details at a later stage. The entry cost to view this exhibition is: Adult \$25.00, Concession \$22.00,

watch this  
**SPACE**

# COMING SOON



Some activities are waiting to proceed because they need more numbers. Facilitators have kindly offered their time and would welcome your participation in the following:

## THE CARD CAFÉ— making cards with a difference.

I have personally been gifted a few Christmas cards made by Sue Drabsch. I treasure them—they are exquisite. You too can learn how to make personal greeting cards by enrolling in this class. No previous experience is required.

**Please Note:** This activity begins on Wednesday May 2nd and runs until July 4th. Contact Sue by email if you are interested. [denisdrabsch@hotmail.com](mailto:denisdrabsch@hotmail.com)

## SELF DEFENSE FOR SENIORS

Rhonda and Jack Centofanti are offering their combined experience of many decades in self defense to run a class. They will provide an introduction to defending yourself against a physical attack. Regardless of strength, anyone can learn effective self defense techniques—basic skills to prepare and stay safe in confrontational situations.

In order to determine whether this activity will proceed, please register your interest with Anna on 85835169 OR via email: [u3acoursesriverland@gmail.com](mailto:u3acoursesriverland@gmail.com)

## BACKGAMMON CLUB with Ute Young

Backgammon is one of the oldest board games known where playing pieces are moved according to the roll of dice and a player wins by removing all of their pieces from the board before their opponent does.

Ute is interested in starting a Backgammon Club. If this appeals to you, please contact Ute on 85863334 or via email at [lifeofute@gmail.com](mailto:lifeofute@gmail.com) and let her know which venue or town you prefer to meet in and which day of the week suits you best.

### (Continued from page 1) PRESIDENT'S AGM REPORT

With generous support from the Berri RSL sub-branch, we have steadily made our room more habitable. Utilising a small grant from U3A SA, Alan Key will shortly commence patching and painting walls to brighten it up even more. We know that the building is marked for demolition at some stage but in the meantime it is a satisfactory home – even more so now that we have installed a small air conditioner.

The highlight of 2017 was undoubtedly the Riverland Rendezvous. We were able to showcase the Riverland to delegates from U3As across the State and to raise our profile locally, whilst enjoying ourselves and making new friends. Thank you to all who contributed to its success.

2017 was a year of consolidation for U3A Riverland. We now have a solid core of members and tutors and are in a sound financial position. At this stage promises of continued funding for U3A SA have not been forthcoming from the State government but the election campaign still has a way to run.

Our big challenge remains penetration south of the river. Over 90% of our membership comes from the Renmark Paranga and Berri Barmera Council areas. In an attempt to redress this we are exploring the possibilities of a base at the Moorook Club. A very well attended and enjoyable Christmas lunch there suggested that this would be a suitable venue if there was local support.

Growth north of the river will depend largely on you. At our recent registration day all of the new members who joined were introduced to U3A by a friend. Until U3A is recognised as "unlocking" the Third Age and not a "University" our growth will continue to come from word of mouth.



Without facilitators of activities U3A could not function. A thank you was extended to these people at a morning tea late last year.

**Back row** Brent Morrell, Daina Braddock, Helen Simpson, Chris Row, Diana March, Terry Marter

**Front row** Judy Kelly, Judy Strachan, Murray Goodes, Pam Rule



## NO MORE CRACKS

You may have noticed that our clubroom in Strawbridge Street has received a facelift. Gone are the gaping cracks and decaying bricks. The clean, new look is thanks to the efforts of U3A member Alan Key. The coat of fresh paint has brightened the room and the provision of picture rails will enable U3A artworks to be displayed. I think you'll agree that the transformation is really fantastic.

Thank you very much Allan.



Just when you thought knitting was only about "plain & purl". Well, I've discovered there's a lot more to knitting including **WORLD WIDE KNIT IN PUBLIC DAY**— unique, in that it's the largest knitter run event in the world. It started in 2005 and is now celebrated in 57 different countries.

The mission is: "Better living through stitching together" and encourages community engagement for both women and men ... yes men get involved too. The fact is that some of the best knitters in the world are men!

The knitting shop in Clare is hosting an event and members of our U3A sock knitting group have expressed an interest in travelling to Clare for that event.

If you would like to join in the fun, save the date June 9, 2018. Who knows, we may organise an event of our own in the future.





U3A members Anna Harper (left) and Pam Rule (right) with Sarah Rickard

Find out more about "Climate for Change" on their website: [www.climateforchange.org.au](http://www.climateforchange.org.au)

"We are the only organisation in Australia specifically focussed on helping people to have conversations with their peers on climate change – something that is now being recognised by experts as key to building public support for the action we need on climate change."

"2017 was the third hottest year ever recorded in Australia and 7 of the 10 hottest years have occurred since 2005"

Sarah Rickard is a former Riverlander based in Melbourne. She is an Architect specialising in sustainable housing. Sarah pursues a sustainable lifestyle and is a trained volunteer facilitator with an organisation called "Climate for Change". This organisation aims to create the social climate in Australia for effective action on climate change. Sarah has also trained as a Climate Reality Leader with former Vice President of the United States, Al Gore.

While we are all at different levels of understanding or engagement on the topic of climate change, Sarah delivered a presentation covering the role of the "Climate for Change" organisation and provided some of the underlying facts around climate change. Her presentation also touched on how to take effective action. Participants were able to discuss what it is that actually concerns them and while not a scientific expert, Sarah provided guidance on where to find additional resources and information on the issue.

Sarah urged people to view the ABC 4 Corners episode "Weather Alert, Climate Change" which stressed that climate change is no longer theoretical—it is here! This episode can be viewed by logging onto the website: <https://youtu.be/YUpYBkYzRKw>

## CLIMATE CHANGE

If you are interested in finding out more about this topic, visit the U3A online website to undertake the following units of study

### Unit 1—Climate in the Spotlight

This unit is an introduction to Climate Change. It looks at some of the controversy it has caused and introduces the science and observations which led to the realization that our world is warming and that this is probably caused, at least in part, by human greenhouse gas emissions. It briefly examines the reaction to this recognition and what is being done on the global stage to mitigate the problem.

### Unit 2—The Weather and Climate

This unit looks at meteorology and the distinction between weather and climate. It examines the main drivers of the earth's weather systems and the way they are influenced by the heat from the sun. It examines how weather changes throughout the year and depends on location on the earth's sphere. It also looks at the extreme weather events which affect human activities and examines their cost to society.

### Unit 3—The Goldilocks Planet

Here we examine how fortunate the earth is in terms of its environment and how this is related to climate. We look at the balance between the incident solar radiation and outgoing infrared energy and relate how the complex of interrelated networks of the earth's climate system may be viewed in terms of system dynamics.

### Unit 4—Earth's Climate History

What was the ancient climate like and how does it compare with current times? What caused changes in past

climates and how do we determine their characteristics?

### Unit 5—Earth's Energy Budget and the Greenhouse Effect

This unit examines the flow of energy to and from the earth on a global scale. How is the shortwave (visible) energy coming from the sun balanced by the outflow of infrared energy emanating from the earth? How is this energy balance affected by greenhouse gases in the atmosphere? How sensitive is the earth's climate to these energy changes; what global temperature increase or decrease would result from a particular shift in the energy balance?

### Unit 6—Earth's Geochemical Cycles

There are a number of cycles taking place between the atmosphere, biosphere, hydrosphere and geosphere which are critical to Earth's ability to sustain life. The natural carbon cycle exchanges carbon between these four spheres which all contain reservoirs of carbon. The water cycle describes the continuous movement of water above, below and on the Earth's surface. The nitrogen cycle is the process whereby nitrogen is converted between its various chemical forms in the atmosphere and on the surface. The carbonate-silicate cycle exchanges silicates to carbon during weathering and back to silicates during the subduction process and subsequently ejects it in volcanic eruptions.

### Unit 7—Climate Models and Future Scenarios

In the same way that it is not possible to investigate the internal mechanisms of stars or nuclear explosions in a test room, a planet's climate cannot be directly simulated in a laboratory. Crucial tools to investigate these phenomena are computer models. These are built using mathematical equations of physics and Earth processes and applying an initial set of conditions to obtain a result of these

processes expressed in a computer model. The model may then be refined in an iterative process by comparing the model output to observed values in the real world. Climate modelling allows scientists to answer "what-if" questions and investigate possible future scenarios.

### Unit 8—Climate Change Impacts and Adaption

What are the many impacts of a rise in average temperature of several degrees? Will there be a chain reaction with rising sea levels, ocean acidification, more severe weather systems and changing rain patterns affecting agriculture and biodiversity? Adaptation seeks to manage the impacts of global warming and reduce the vulnerability of biological and infrastructure impacts such as a policy to build structures on higher ground to circumvent the rise in sea levels.

### Unit 9—Climate Change Mitigation of Causes

Mitigation deals with the causes rather than the consequences of climate change. What can be done to minimise the amount of global warming by reducing the emission of greenhouse gasses and enhancing the ability of the Earth to absorb carbon dioxide.

### Unit 10—Climate Change—The Future

In this final unit, we look at the state of the climate. What is being done in Australia and around the world to combat climate change? What do climate models predict for future years? What can be done if climate change gets "ugly"? Is "climate change" a reality or just a massive hoax?

Find this at: [www.u3aonline.org.au](http://www.u3aonline.org.au)

Under "Our Courses"  
Click "Independent Study Courses"  
Under "Science" you will find the course on Climate Change