

Learning for Life



Newsletter # 15

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Welcome to our first newsletter for 2019—the start of our 5th year of operation. I hope you are all ready to begin or continue your U3A activities.

It was fantastic to see so many new faces at the Registration day on January 24—it shows that word is spreading. Approximately 50 people attended, with long queues forming to pay membership fees. Shirley, our Treasurer, hardly lifted her head! You'd have to agree it's a bargain for only \$25 per year.

For those who keep asking, we are still trying to find someone who is willing to run a "Beginner's French" class. Do you know someone with those language skills who might be willing to facilitate a group? Other new activities have been circulated so make sure you check what is on offer and register your intentions.

We are excited to learn that Adelaide Hills U3A will run their Rendezvous in October (more information overleaf). This should be a fantastic event so keep the dates free.

I'm sad to advise you of 2 retirements from the Committee but extend our

gratitude to both Brent Morrell (President) and Anna Harper (Course Co-ordinator).

In the last issue we introduced a member feature. We have some very interesting people in our midst and this time we would like to tell you a little about one of our most senior members Sarah Summerset. Sarah's enthusiasm for life never ceases to amaze me and I often find myself thinking "I'll have what she's having." I certainly aim to be as effervescent and active when I reach her age.

Remember that it is a requirement to be a financial U3A member to take advantage of any of these activities.

As usual, feel free to contact any of the facilitators to find out more about their offerings. If we aren't offering what you would like, please let us know.



EDITOR
Diana March



Your Committee would love to offer more activities—in both variety and duration.

Please have a think about what you can share with like-minded people. Maybe you know someone else who has a skill, hobby or knowledge they could share. You do not have to have teaching skills.

It might be a one-off activity, workshop style, or even a demonstration. Maybe you just have a great story to share.

We need your help to grow U3A Riverland.

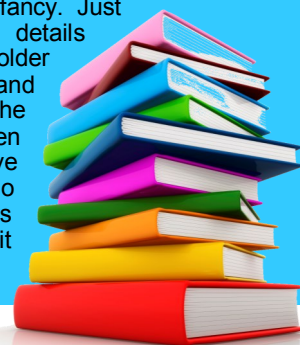


If you're like me you love reading. If you're like me you have a lot of books sitting on shelves that you have read but are unlikely to read again.

Well now's your chance to declutter those bookshelves and bring a few books into our clubrooms so that others can read them. (No magazines please).

Yes, let your books make new friends too!

Even if you don't have any books to "swap", feel free to browse through the bookshelf and borrow a book that takes your fancy. Just record the details in the folder provided and return the book when you have read it so that others can enjoy it too.



AGM

Annual General Meeting

WHEN: Thursday 21 February at 10am

WHERE: Clubrooms
Strawbridge St BERRI

Bring your ideas for future activities with you. We look forward to seeing you there.

Morning tea will be provided.

I can't come

S O R R Y

IF YOU ARE NOT ABLE TO ATTEND AN ACTIVITY PLEASE REGISTER AN APOLOGY.

This is particularly important when an activity has been negotiated with specific numbers and fewer than expected turn up.



The Committee was extremely pleased with the large number of people who attended the Registration Day on 24th January despite the forecast 45 degree temperature.

It is with regret that we say goodbye with very sincere thanks to Brent Morrell and Anna Harper

Brent accepted the role of President at the inaugural AGM of U3A Riverland four years ago. Through Brent's skilled leadership our organisation has achieved enormous success. One of the highlights of Brent's "captaincy" was the 2017 Riverland Rendezvous where he encouraged us to showcase the Riverland to visitors from other U3A's, state-wide. It was a resounding success and we did indeed show the rest of the state how well things can be done. Owing to that initiative the event this year will be run by U3A Adelaide Hills. See the flyer for more information about this will event and save the date.

Not only did Brent accept reappointment as President in 2018, he has also been Vice President of the SA body of U3A, instrumental in revamping the organisation's constitution.

In addition to his Presidency, Brent has facilitated a number of courses, including the popular "Writing for Pleasure" class, Cryptic Crosswords and Beginners Bridge. I understand that he's keen to get the Snooker & Pool group started. Brent will remain actively involved with U3A Riverland but will also feel a little less tied when he and Kath choose to venture away.



We will certainly miss Anna's highly efficient administration skills. Through her skilled negotiations with tutors the range of activities offered by U3A Riverland has grown. Nothing ever seems to be insurmountable and you will all appreciate the diplomacy she has always shown when dealing with both tutors and members. She always welcomed enquiries and gave of her time very willingly. Her "can do" attitude has endeared her to all.

Because Anna is somewhat younger than many of us, she has decided that she needs to vacate the role to enjoy more fully her retirement travel plans.

Anna will continue to be involved with U3A through her attendance at art classes and I know she has a few surprise "offerings" up her sleeve when she finds the time to become a facilitator once again.

Anna has been instrumental in streamlining many of our procedures and policies. Her dedicated input has left the role in a very healthy state for the next person to take up.

HUGE THANKS TO BOTH OF YOU FOR ENRICHING OUR U3A

Thank You

Meet our Member... Sarah Summerset



When I caught up with Sarah recently she greeted me with a huge smile and hug—despite having suffered from a severe reaction to gluten. She told me that the pain was excruciating and she was caught between the “nurse self” and the “naturopath self” in seeking a remedy. She’s just turned 89 and like all Capricorns she’s one tough “Goat”. Capricorns are known to be the most determined of the entire Zodiac. They are also practical and helpful. That just about sums her up!

Born in Kapunda on 6th January 1930, Sarah is the sixth of nine children. Maybe this explains her self determination and tenacity. She said her mother, heavily pregnant with the 9th child, moved the 8 children to Semaphore until her husband joined her. I tried to imagine what it would be like caring for such a brood on your own.

The family moved to the Riverland when Sarah was 6 years old and it's here she undertook her schooling. She pursued a nursing career at the age of 17 with her first job in Maitland. In those days all the training was done on the job and she was charged with both the maternity and general wards. “It was a very hands on experience” she said, “without all the study that is required today.”

She spent time as a nurse in Mt Gambier and Naracoorte before moving to Adelaide where she worked in a private nursing facility looking after the aged. Working as a nurse until she adopted the first of her 3 children, Sarah focussed on herbal medicines. Her mother's interest in herbs had rubbed off and the title “The Witch” was passed onto Sarah. She laughs as she recalls the days when alternatives to traditional medicine were not readily accepted.

Sarah has overcome many health issues. An horrific car accident in 1991 left her so “damaged” that today she still claims it's a miracle that she's alive. This near fatal accident in North Adelaide, where she was hit by an STA bus, left her in a coma for many days. Her injuries left hardly a bone intact. With smashed ankles and both hips, 6 broken ribs (some puncturing her lung) and horrific fractures to her head, it is indeed a miracle she survived. She points to the depression in the side of her head and claims “it may be the reason I'm getting forgetful”. I wondered what my reason was!

She recalls waking from her coma uttering “When can I get something to eat”. Of course she endeared herself to the nursing staff and when being assessed for rehabilitation at the Julia Farr Centre she was asked who the Prime Minister was. She answered “Bob Hawke”. Wrong ... in the time that she was in her coma the Prime Ministership had changed to Paul Keating. At Julia Farr she was told she would probably need 12 months rehabilitation. Not surprisingly, she proved them wrong and was able to take up residence with her daughter after only 3 months.

As if that weren't enough, in 2011 Sarah was diagnosed with breast cancer. Fortunately a full mastectomy was avoided.

“I've been very lucky too” she says when I ask her about a story she'd told me a couple of years ago. While trying to supplement her income prior to marrying ... for the first time she quips ... she lost her engagement ring on the Loxton property she was working. Some 20 years later the ring was found and returned to Sarah's brother, who in turn returned it to Sarah. Some 40 years later, during the first U3A art exhibition Sarah was introduced to fellow artist Brian Dalzell whom she recognised as the person who owned the property on which she worked and who had returned her ring. The afternoon was spent reminiscing with Brian.

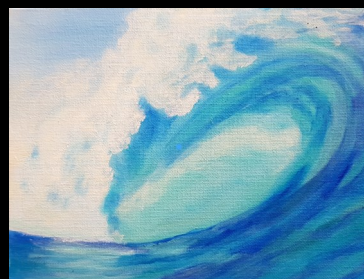
When I asked her about art she broke into a huge smile and told me of an incident that may have been a foray into “art”. She said she was cleaning a bathroom when the navy top she was wearing came into contact with the bleach. Not deterred by the damage, she created a patterned effect by adding more spots of bleach!

Actually she didn't begin painting until she was about 40 and surprised herself with what she produced. “I sold my first painting for \$3 but the lady never actually paid me” she said.

Art has become her passion and the walls in her home hang many of her completed works. “U3A has been a Godsend as it allows me to continue painting amongst a lovely group of people” Her wicked sense of humour often has the art group in stitches with her “risqué” jokes.

Sarah has exhibited her works in each of the U3A art exhibitions and recently won First Prize in the novice section of the Loxton Show.

I think the world needs lots more Sarah's who take everything in their stride. She is eternally positive and happy. She is an inspiration.





Comfort zones can be a health hazard

EXCERPTS from an article by Kathy Lette in *The Weekend Magazine*, August 25,26 2018,

"At my age (60), I should be sitting at home knitting my own bus pass, right?

Wrong. Research shows that the best way to stay young and stave off dementia, is to learn new skills and challenge yourself. Which is why I'm

carpe-ing the hell out of diem like there is no tomorrow.

I mean, if not now, when? And it's a good motto for us all.

When was the last time you tried something new? Or set new goals like learning a new language or a musical instrument? Mastering Sudoku or running a marathon?

The only thing I run up is bills, but I have started taking up more physical challenges.

Two weeks ago I walked the Fife coastal path with a group of middle-aged friends. When I tell you that my walking companions were comediennes, you'll believe me when I say that our lips lost weight from all the laughing we did.

Walking on the wild side whet my appetite for more adventure. Instead of heading home, I've explored more of Scotland.

Scotland's a funny place.

- They eat sheep's stomachs – of their own free will.
- They toss huge tree trunks in the air – for fun.
- Party invitations read "trousers optional". Yep, the men wear skirts without tights, in such windy weather!

Of course, one needs to drink a lot of Scotland's famous whisky to stave off hyperthermia. (I love the Scottish summer – it's my favourite day of the year.) And too much Glenfiddich can be the only explanation as to why I found myself trying to master "reeling" last night.

Scottish dancing is really more of a contact sport. "Highland Fling" actually refers to how you get flung about on the dance floor. But it's also the most incredible fun. In fact psychologists say that on the happiness scale, a Caleigh rates as the most fulfilling and pleasurable activity on Earth – even more satisfying than sex!

So don't put things off for another nanosecond. Take that tango lesson. Book that bungee jump. Learn Latin, sky dive or wrestle in jelly.

"Comfort zone" is not just a boring postcode, it's also a step too close to the grave. "



Save
the
Date

Rendezvous
Adelaide Hills
*A tantalising taste of
the Adelaide Hills*

Adelaide Hills U3A is hosting a 3 day mid-week event at Hahndorf from 22-24 October 2019

The Rendezvous Committee has planned a dynamic programme of events with the aim of entertaining and informing U3A members and guests from around South Australia as well as the Adelaide Hills.