



U3A Riverland has been in operation for 12 months and you are invited to celebrate with lunch at Ruston's Rose

Garden on December 2.

The organising committee has worked tirelessly to lay the foundations for continued success and our branch has been nationally applauded for its innovative operations.

Thanks must go to the Course Committee (initially led by Sue Britton and now by Pam Rule), for the variety of activities that have been offered. We have received numerous positive comments from members who have attended courses. I heard that the recent hat making class with Lorraine Marter was a huge success, as was the art exhibition held at the Chaffey Theatre in October.

Congratulations to our president Brent Morrell who has been elected vice-president of U3A South Australia, giving us a voice on the decision-making body for the state.

Publicity brochures, membership forms and activity sheets are available from each of the public libraries. Please feel free to take this information and share it with others whom you think may like to join our U3A. Membership fees for 2016 can now be paid.

The committee would sincerely like to thank all those who have taken up the challenge of running a course/activity and all those who have attended. Remember that this is a volunteer-based organisation run for members. We look forward to your continued support.

I have enjoyed bringing you the newsletter each term and wish all members a safe and enjoyable festive season.

Diana March (Editor)

COMMITTEE PROFILE: President—Brent Morrell

Born: In Renmark of second and third generation Riverland parents.

Family: Married for 50 (yes 50) years to Kath; two married daughters living in Sydney and Cairns, each with two children.

Pre-retirement: Company Secretary to Rosenthal Motors Group, with offices in Berri, Barmera, Loxton and Renmark. Spent the '60s delivering dry cleaning from Renmark to Yinkanie and all points in between and the '70s with GMAC Finance, rising to Credit Manager SA and NT before returning "home".



In retirement: Kath and I have towed our caravan to all States and Territories (left it home when we visited Tassie) and hope to keep doing that for a few years yet. Any excuse will do to visit the grandchildren. I have enjoyed membership of Probus including my term as President and producing their newsletter. When at home I enjoy gardening, a weekly game of very informal bridge, reading and puzzles. I am an enthusiastic, if not particularly accomplished, cook, love to share the company of friends, and anything involving red wine.

Why U3A? Like most of you, I was caught up in the enthusiasm of the group who initiated U3A Riverland, and the excitement at the inaugural Public Meeting, and subsequent General Meeting. The concept of keeping mind and body active whilst developing new interests and sharing my own, was really appealing. When the surprise nomination for President came, I thought that maybe my past organisational and administrative background could be of service. Little did I realise just what a rewarding experience it would be.

PRESIDENT'S REPORT: Brent Morrell

As we approach the completion of our first year in existence, it is a good time to reflect on how far we have come, what we have learned, and what we plan for the future.

From an exciting beginning, our membership has grown to almost 150 and we have been able to offer more than 20 activities at venues right across the Riverland. New, exciting and varied offerings will be available in 2016. Keep up to date about these activities by regularly checking our excellent website www.u3ariverland.org.

We are very fortunate to have an excellent Committee, with all members able to harness their talents in their allotted portfolios. The regard in which U3A Riverland is held by our state body is reflected in the latest edition of the U3A National Newsletter that membership director Shirley Sims has circulated to you. Such is the

respect for our group that, despite our inexperience, I have been press-ganged into the position of Vice President of U3A South Australia.

Twenty four members of Mt Gambier U3A recently visited the Riverland for their annual Field Trip and we were able to offer them a warm Riverland welcome at short notice. Committee member, Marian Woodberry, arranged for a visit to "The Pines" in Loxton and several of us caught up with them at the Renmark Club for dinner. Unfortunately an electrical storm cut short that evening, but we were able to join them again for dinner two nights later at the Berri Golf Club.

They certainly enjoyed their visit and perhaps this is something U3A Riverland could consider in the future if there is sufficient interest.

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Art Exhibition “The Rich Tapestry of Life” by Diana March



An art exhibition held at the Chaffey Theatre during October, proves that there isn't a glass ceiling when it comes to learning something new, irrespective of age.

Seventeen U3A Riverland art students displayed their new-found talents in the “Rich Tapestry of Life” exhibition. More than 60 pieces of art illustrated the many different mediums used: watercolours, acrylics, oils and drawings done with pen and colour pencils.

Art tutor, Daina Braddock said that the art classes began in February, so the exhibited work had been completed in only the first eight months. Many of the exhibitors had never been involved in any art activities before, other than maybe art classes taken at school many years ago. Her artist's statement said “The works are as varied in their content as the people who created them. Diversity, individuality and experimentation are the threads which bring together this exhibition that celebrates some of the rich tapestry of life”.

Two of the oldest members of the art group, Sarah Summersett of Berri, aged 85 and Brian Dalzell of Loxton, aged 84 attest to the adage that staying active; mentally, physically and socially is essential to healthy ageing.





Sitting is the new smoking

With so many advances in technology, our lifestyles are changing and as a result, we're spending a lot more time sitting down – at home, at work and while travelling.

As several recent studies have discovered, sitting for too long can be as dangerous to health as smoking. It more than doubles your risk of **diabetes** and is linked to an increase in **heart disease**. In fact, inactivity is the fourth biggest killer of adults, according to the World Health Organisation.

The scariest thing of all? The results are the same however much exercise people do when they're not sitting down.

'Most people think that if they work out every day that's all they need to do,' says researcher Dr Emma Wilmot, whose team at the University of Leicester analysed 18 studies incorporating a total of 800,000 people. 'But those with jobs that require sitting all day may still be at risk. 'When we sit for long periods of time, enzyme changes occur in our muscles that can lead to increased blood sugar levels. The effects happen very quickly, and regular exercise won't fully protect you.'

Dr Wilmot's team found that people who sit the longest are twice as likely to have diabetes or heart disease as those who sit the least. The team also reported that sitting for long periods appears to raise the risk of **kidney disease**, especially in women.

Try adding these simple activities to your day:

- Stand up at least every 30 minutes whenever you can
- Regularly change posture
- Move your arms and legs
- Stretch
- Walk around

Being sedentary is putting the 'sit' in obesity, as our fat burning furnaces essentially switch off when we're stationary for extended periods. Some research even suggests that it leads to the dreaded middle age spread by the mechanical pressure sitting puts on our fat cells.

"Sitting may have more to do with obesity than [lack of] physical activity," says Professor Adrian Bauman of Sydney University's School of Public Health.

Read more:

- <http://www.smh.com.au/lifestyle/life/sitting-is-the-new-smoking-20130529-2nca0.html>
- <http://www.sahealth.sa.gov.au>



Mt Gambier U3A members visit "The Pines" in Loxton



Tai chi class at Loxton

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If there has been one disappointment this year, it has been that only about half of our members have taken up an activity to date. As a Committee, we are constantly seeking out conveners for activities and we have been very fortunate that a good number of members have offered their services. Several activities have been over-subscribed, others have attracted only a few participants.

The U3A movement is a co-operative and ideally is member driven. If we have not yet offered what you are

seeking, please tell us. If you have a skill or interest you would like to share, please contact our Course Coordinator, Pam Rule, or any other Committee member.

Teaching experience is absolutely not a pre-requisite. It is amazing how easy it is to talk about something that interests us.

Year 2 of U3A Riverland will build on the success of Year 1. Please come and join us at Ruston's Rose Garden for our first Birthday/Christmas luncheon and we will give you a preview.

Best regards

Brent Morrell

REMEMBER

We do not stop playing because we grow old
 We grow old because we stop playing
 NEVER be the first to get old!

MAHJONG FOR BEGINNERS with Pam Rule

Our 4-week activity began on 26 August at the Chaffey Community Centre, where Poppy made us feel very welcome.

Mahjong, originating in China, is a game of skill, strategy and calculation and involves a degree of chance. It is played with a set of 144 tiles building 4 walls that represent the Great Wall of China.

Each player has 13 tiles except East Wind, who begins play with 14 tiles. There are 3 suits—Circles, Bamboo and Characters—along with Red, White and Green Dragons and North, South, East and West Winds. It is a very pleasant game to play whilst learning the traditions that are associated with the game.

We had a lot of fun and the ladies were keen to continue on a weekly basis. As the majority came from Barmera/Kingston we moved to the Barmera Library where we now meet each Wednesday from 2-4pm. We welcome anyone who would like to come along to find out what Mahjong is all about and to join in the fun.



HAT MAKING WORKSHOP with Lorraine Marter

As you can see from the photo all the ladies had a very successful day at the Chaffey Community Centre, creating hats for the Melbourne Cup. Lorraine was a great leader, inspiring us to quickly plunge the scissors into an existing hat to create something totally different. She provided a selection of hats together with lots of netting, ribbons and feathers of all shapes to adorn our creations.

The magic tool was the glue gun—my first experience with one and what a great piece of equipment it is. Lorraine's no fuss attitude encouraged us all to go beyond our boundaries. When next you see one of Lorraine's amazing workshops advertised, jump in and have a day to remember. Thanks Lorraine for allowing us to use your machines, assorted tools, glue guns and for providing such a variety of adornments.

What a fun filled day we ladies had—by Pam Rule



Visiting U3A Sunraysia, Mildura, Victoria by Daina Braddock

In October, U3A Riverland committee members, Di March, Shirley Sims and Daina Braddock, felt the need for some "retail therapy" in Mildura.

Anyone familiar with the retail offerings there would be aware that trawling through the shopping precincts ... yes all of them ... takes its toll after the long drive from the Riverland. By late afternoon we were ready for something more cultural ... maybe we could drop into U3A Sunraysia. It should be easy to find as we knew they had premises on the Sunraysia TAFE campus (pictured).

Not quite the U3A building, but close.

The U3A building is at the back of the TAFE campus, well sign posted and with enough cars in the car park to make us realise that "someone was home". Happy to have found our destination and chatting about our good navigation skills, we walked straight through the open doorway and right into the middle of the bridge class! OMG this was serious!

Our first reaction was to walk straight out again but we were reassured by a couple of bridge players (who must have been as surprised as we were) that there were others in the building

who could assist with any enquiries.

We found them. The three ladies who spoke with us were so welcoming and informative that we immediately felt we had a lot in common. They happily showed us around their compact but very practical premises. We were envious that this building, excess to TAFE's requirements, was now the



perfect place for their U3A office, activity rooms with their own carpark!

Amongst all the information and handouts given, one activity stood out. Maybe it was because the

name Glen Miller was familiar - that famous band leader of the 1940's. We asked for more details.

No band music, but a great speaker, we were told. A U3A member, Glen attracts large audiences every Friday afternoon at the TAFE auditorium. As we were staying until Friday we agreed to forgo some shopping time to have a quick listen. After all, Glen was programmed to talk about Italy.

Our plan, to sit inconspicuously somewhere at the back where we could make a quick getaway if needed, was thwarted as soon as we arrived.

The ladies we met the previous day definitely had other thoughts ... they were thrilled we'd come and introduced us to many of the people lining up to get to their seats. We were ushered right into the middle of the seating plan and were formerly warmly welcomed by Glen Miller and all the other members and guests ... we felt like celebrities!

Glen, speaking without notes and only occasionally referring to his projected images, had all of us captivated. He entertained, amused and educated ... he really was "live theatre". The majority of the audience (over 100 present) knew what to expect from a Glen Miller lecture, but for us this totally new experience was amazing.

Glen spoke for 2 hours, with a short coffee break interval. He presents lectures on any subject in 10-week blocks. This term happens to be about Italy, but we were assured that he speaks on almost anything from Astronomy to Zoology ... and all the in-betweens. We even considered inviting him across the border to speak to our U3A members. What on earth made us think that we may need to make a quick getaway!

As it turned out, finding our fellow U3A members in Sunraysia proved to be more than a worthwhile exercise. After all, how much shopping can a person really enjoy?