

# Message from Marian

June 2022



## Greetings to all U3A members

I hope you are embracing this cool, sometimes rainy weather. Great for gardens! Even pulling those pesky weeds that materialise overnight can have positive health benefits through exercise. There is also satisfaction in a job well done.

**A Gardening Tip** - put all those good weeds - not the nasties, in a bucket of water and in three or four weeks you will have some excellent nutritious, no cost fertilizer for your garden. Dilute the mixture 1 part to ten parts fresh water or you may have a catastrophe amongst your plants

## What your committee has been up to!!

Your management committee don't just attend meetings. We have all been quite busy.

Over the last couple of months we showed our /your appreciation to our Facilitators with a lunch held at Eleni's restaurant in Renmark. That was attended by about 20 members. Delicious food, great company!

## What else have we been doing you may ask??

1. **Tony Guster** and his crew completed the renovation/painting of the main hall and arranged for the installation of the air-conditioners both there and in the Sister's room, providing much needed comfort to all users. A big thank you to the team for their efforts. The rooms look fresh and clean, and now, of course, warm as well.
2. **Ute Young** has been out and about taking photos for her promotional articles in the Murray Pioneer. We have had lots of comments.
3. **Anne-Marie** your Course Co-ordinator has been keeping you up-to-date with all the current and proposed new activities.
4. **Shirley Sims** your Treasurer and keeper of Finance informs us that we are travelling very well financially, although she winced at having to pay GST on the air-conditioner grant. We will get it back so she can smile again in the future.
5. **Tony and Brent Morrell** are working on plans to help those interested in learning about "Hot Spots" so that you can access activities remotely in the future by hot-spotting your phone to a computer. Don't despair if you see it as I do as a foreign language as apparently it will soon become the norm for communication.
6. Our new Secretary **Cheri Gray** is dealing with a steep learning curve in a very professional manner. Our new members **Mary Wagnitz** and **Leonie Vriends**, have offered new ideas and constructive input to facilitate our offerings to you, our members, during our committee meetings. Valued additions to our committee

7. As for me, I gave a presentation in early May to "The Happy Wanders" group in Renmark, explaining to around 40 men and women what U3A Riverland is all about. We went for an hour's walk along the river front, into town, ending up with lunch at The Renmark Club.



8. It was also my privilege to welcome Bev Scarfe, Co-ordinator of LoxCare in Loxton and Deb Muller regional Co-ordinator of Riverland Red Cross along with Kelly Rosenthal to their informative presentations. A couple of interesting facts from each:-

- **LoxCare** - is a one stop for emergency assistance, supporting a broad section of the community. It provides confidential access to other support services in the Riverland including Centrelink and also provides physical, emotional and cultural need to the wider community.
- **Australian Red Cross** - operates the Riverland Community Passenger Network between all Riverland towns giving people access to shopping, social or medical services for just \$10.00 per trip, and the Riverland Transport Medical Bus from the Riverland to Adelaide for medical appointments at a cost of only \$40 per trip. To access these services you need to register with MYAged Care website. If you don't use a computer come into the Red Cross office in Berri (the old CWA rooms opposite the Police Court), and the staff will help you.



## U3A South Australia Newsletter – some points of interest

I will finish this episode with some "Food for thought" from **U3A SAs Newsletter**.

1. We need activities to attract more males as we will all be spending more years in retirement as our lifespan increases.
2. Accolades from the Federal Parliamentary Friends for ending Loneliness commenting that our organisations are a leading provider of activities that engage Seniors, which is a significant factor in reducing loneliness.
3. Alternative activities popular in other groups - photography, cycling, drumming - said to improve memory and cognition, relaxing and therapeutic. Certainly ideas for U3A Riverland in the future if we can attract new facilitators.

## One last thing!!

Welcome to Scott, the first male to attend the Wednesday Craft group learning to knit under the supervision of Anne Menzel

Signing off now! *Stay Safe. Keep active physically, socially and mentally.*



**Marian Woodberry**  
**U3A Riverland President**