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EDITOR Diana March



Welcome back to those who have spent the winter months sunning themselves up north or overseas. I was “stung” by the Riverland cold after spending 3 weeks of August on the east coast between Pt Macquarie and the Sunshine Coast.

Despite the weather, activities

continue. The yoga group still manage to twist themselves into all sorts of positions and the flower arranging group learned the tricks florists use to “encourage” their blooms into position. A large group of knitters meet fortnightly at the Big River Tavern in Berri. Management welcomes the “gaggle” of knitters who produce a variety of items from “funky” socks to trauma teddies, which are donated to local organisations.

The art groups have again exhibited their works during August as part of SALA (South Australian Living Artists). This time the artworks were hung in our U3A premises and a couple of our more accomplished artists held solo exhibitions in other locations.

Our writers had the privilege of being mentored by Writer in Residence, Royce

Kurmelovs, at the Berri Library.

The language classes continue to flourish and I understand a NEW language is proposed for Term 4. If you are interested in learning Italian, please contact Course Co-ordinator, Anne-Marie Riley.

Watch out for “Hackers Golf” and remember that we are able to run any activity you wish providing we can get a facilitator/tutor. Put your thinking caps on ... what would you like to see run?

It has been decided by the Committee that “snail mail” is no longer an affordable option for us. In view of this, please visit your local library to pick up a copy of the latest activity schedule or read the latest newsletter. Remember that both of these are on our website: u3ariverland.org which can also be accessed at your local library.

Photo quiz

Here is a collection of photographs of iconic people and events throughout history. Do you know who they are and which event is captured...and when?

(Solution on back page)



Floral arrangements



Flower arranging has been a popular art for centuries and many people consider the ability to create a perfectly balanced arrangement a great skill. For participants in this activity it's definitely a "work in progress" with guidance from Helen Slade. The activity is scheduled monthly and it is not too late to join this group if you would like to - contact Helen for details of the next session.



Thank You

A "Thank You" lunch attended by some of our valued tutors. **Standing:** Carmen Barowski, Bev Hartigan, Meredith Dunn, Anne-Marie Riley, Diana March, Daina Braddock, Helen Simpson

Seated: Doreen Aspden, Marian Woodberry, Helen Cenko, Judy Kelly, Anne Chase

Every community relies on volunteers and U3A Riverland is no exception. Since our launch in 2015 more than 30 tutors have generously given their time to enable members to participate in a variety of learning experiences. Some of these activities are now in their 5th year.

Remember we're all about "Staying active – mentally, physically and socially." If you have a skill you would like to share with like-minded people please contact our Course Co-ordinator, Anne-Marie Riley.



I was surprised to hear that some "seniors" are not aware of a fantastic age-relevant newspaper. I look forward to picking up my copy of "The Senior" from the Berri Library. Not only are the articles relevant to our "Third-Age" membership but the edition is State relevant. I love reading the liftout travel section—not an issue passes without whetting my travel appetite.

However, you don't have to seek out a printed copy because each edition is electronically available on our very own website. Go on, take a look. Go to u3a.riverland.org

Click on "Magazines" at the top of the screen, then click on the BIG yellow button (The Senior). To view the current digital newspaper, click on "Digital Paper", then on SA to get the South Australian edition. There is so much of interest in each edition and an archive of past editions is easily accessed.

Check out the "Puzzles" section—there's plenty to keep you focussed ... even challenged. There's even a section for those who love to enter competitions.

The best part you don't even need to leave your home to collect it.

Meet our Member... Elsie Madden



I am always inspired by active, ageing people and I knew I'd met a "card" in Elsie Madden. Elsie has been a part of the U3A art group for a number of years and has produced some beautiful pieces of art (one of which I was delighted to purchase). But it was the "mischief" in her poetry that really amused me. What's more she was able to recite poems she'd written many years ago and the whole Writing for Pleasure group were in awe of this ... I couldn't remember the poem I'd written the previous day! Elsie was born in Preston, back then an outer suburb of Melbourne, on September 17th 1939. (Psst—she's 80 years old this month).

Here are her recollections:

An only child, I had chosen my parents, grandparents, aunts, uncles and cousins very well and had a charmed childhood.

When one of my early teachers at the Preston Primary School discovered that I loved drawing and painting, she soon had me drawing a fancy border around the blackboard. Now, many years later, I realise what I was doing was a form of folk art, something that is still close to my heart.

I was never a brilliant student – hopeless even at maths, algebra and geometry (I achieved 7 out of 100 for maths one year!) But I loved art, history Latin and English (results always in the high 90's). I didn't much like sport (unusual for a Victorian) but loved tennis and was quite good at it.

At primary school I met two of my best friends, Bonny and Francis. Now folks, get your heads around this: Bonny was Francis' aunty though Bonny was only a couple of months older than Francis. Bonny kept talking about her nephew Teddy and I kept thinking he sounded like a bundle of trouble.

But guess what ... I have been happily married to him for 60 years. (We celebrated this milestone on 6th June - D day), which he always refers to as "D for Disaster" day. I refused to call him Teddy though and now all his family call him Ted. We have recently received congratulations and best wishes on our 60th wedding anniversary from HM the Queen (not Freddy Mercury), the Governor General, the Prime Minister (guess which one that was!) and the local MP for Chaffey.

We have had a wonderful life travelling around Australia many times and overseas to exotic countries like Turkey and Egypt as well as UK, USA and Italy mainly because of my passion for ancient history, which Ted also shares. We have 2 sons and a daughter, 7 grandchildren and 9 or 10 great grandchildren (lost count there).

Another of my interests is family history and during my research

discovered that Ted is descended from two convicts who arrived in Botany Bay aboard the First Fleet in 1788. No one in his family knew anything about that but we are very proud of it.

Somewhere in amongst all this I became interested in breeding Persian cats and was involved with cat clubs and cat shows for approximately 30 years. It was an extremely interesting and challenging time.

My much-loved Auntie Vida wrote poetry so I credit her with passing on to me the "poetry gene" ... if there is such a thing. I have always loved rhyming words and it was something I often did when we were travelling around Australia. The only problem was I get car sick and have to keep looking straight ahead. So, I kept a note pad with me and would write anything that popped into my head without taking my eyes off the road. Consequently when we took a break somewhere I would have to decipher what I had written, as it was all over the page!

TED

The endless road stretching ahead
(The itchy feet of my husband Ted)
The Flinders Ranges on my right
(I might stay home sometime, I might)

The sirens call of this land of ours
(My poor, poor garden with its sad, sad flowers)
The gum trees and the wattle blooms
(The dust that's gathering in my rooms)

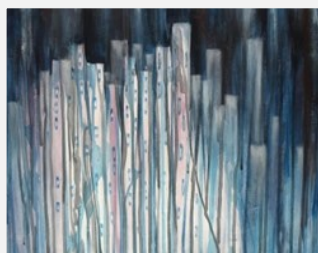
The mountains high and the open space
(The warmth of my own fireplace)
The morning skies and sunsets red
(The comfort of my cosy bed)

I should have married a garden gnome
And maybe then I could stay home
But think of all that I'd have missed
If my Ted I'd never kissed

THE BOAB TREE

A strange and wondrous thing to see
Is the grotesque, misshapen Boab tree
It grows in a land of vast red plains
Where winters are hot and summer brings rains
And the sun sends down its relentless rays
Scorching the earth on these hot June days

This strange tree grows among the spinifex grass
And in the rocks where the cattle pass
Where the stars shine bright against a sky so dark
And ant hills rise like tomb stones stark
The Boab grows for all to see
This beautiful, strange, misshapen tree



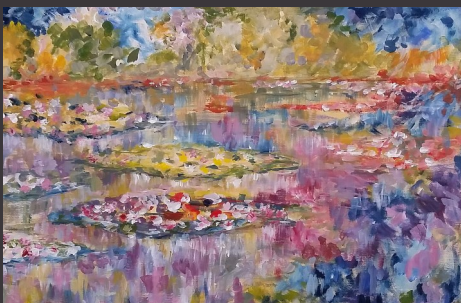
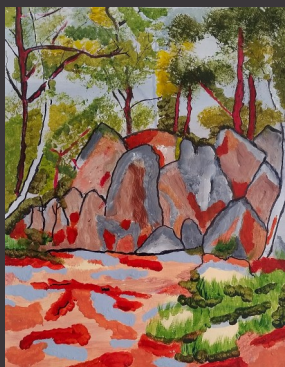
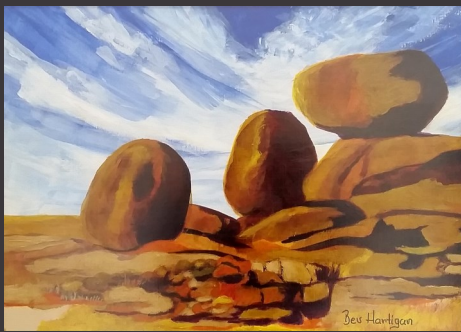
HAPPY BIRTHDAY
80

E₁ I₁ G₂ H₄ T₁ Y₄

is only
13 in Scrabble

SALA ART EXHIBITION

The South Australian Living Artists (SALA) Festival is a state-wide festival of Visual Art. It was established in 1998 to promote and celebrate the many talented visual artists in South Australia and is recognised as the largest and most innovative community based visual arts festival in Australia.



Older Australians more likely to travel solo:

www.thesenior.com.au 5 March 2019

No travel partner? No problem, because more and more of us are travelling solo.

According to Allianz, 40% of travel insurance policies issued in 2018 were for singles.

"The solo travel trend is testament to the confidence Australians have when travelling abroad, with so many seeking more adventurous travel destinations as a result. For many of us, getting away is more than a once-a-year treat – which is why we encourage travellers to plan ahead," Allianz's chief sales officer Lynne Sutherland said.

"When travelling, it's also important to prioritise health and safety. As our data has found, protecting yourself from illness, petty theft, robbery and fraud are all things to prioritise when selecting your travel insurance policy, particularly when traveling solo.

Top 10 tips for solo safety

- First rule of solo travel - research your destination extensively. Learn about the politics, cultural norms, accommodation options, locations and places to avoid. Research can reduce nasty surprises.
- Blend in. Try to look like a local to reduce any unwanted attention.
- Keep your valuables safe— whilst in transit keep all valuables in your possession. However, once you arrive at your accommodation, store valuables such as passport, and additional cash in a safe. Leave expensive jewellery at home.
- Register your travel on Smartraveller.gov.au to stay up-to-date on any government or travel warnings.
- Research the right travel insurance policy. Anything can happen when you're travelling. Travel insurance is available at all prices and levels, make sure that you're covered with a policy and provider that meets the needs of your trip.
- Safeguard documents. Ensure they're easily accessible and also share with a family member so they can be accessed quickly if something goes wrong. Keep a paper copy and take a photo of important documents.
- Be friendly. Make friends along the way, however do not trust people too quickly.
- Get social. Post updates on social media to keep your friends and family in the know.
- Take advantage of the wealth of verified information online - read reviews on major travel sites and search for trusted local providers.
- Trust your gut instincts. If something doesn't feel right, or makes you feel uncomfortable, then remove yourself from the situation.



Royce Kurlmelovs with members of the Writing for Pleasure group. Royce is an Australian freelance journalist and author of *The Death of Holden* (2016), *Rogue Nation* (2017) and *Boom and Bust* (2018). He lives in Adelaide and is considered one of Australia's most important socio-political voices.

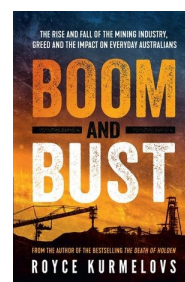
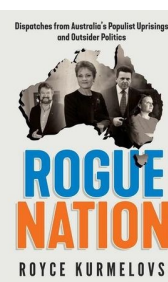
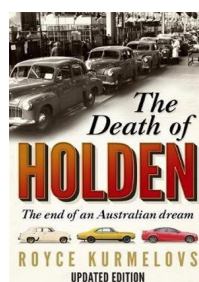


Photo quiz solution

1. Twiggy (Lesley Hornby—in the mid 60's at 16 years of age, became internationally known as the world's first supermodel)
2. Audrey Hepburn (Born Audrey Kathleen Ruston—a British actress and humanitarian Audrey is recognised as a film and fashion icon)
3. Ernest Hemingway (An American journalist and novelist)
4. Amelia Earhart (The first female aviator to fly solo across the Atlantic Ocean)
5. Mark Twain (Samuel Langhorne Clemens, known by his pen name Mark Twain, was an American writer)
6. Eva Peron (the wife of Argentine President Juan Perón and First Lady of Argentina from 1946 until her death in 1952)
7. Salvador Dali (Salvador Domingo Felipe Jacinto Dalí i Domènech, - a Spanish Surrealist painter)
8. Alexander Graham Bell (A Scottish-born American inventor, scientist, and engineer credited with inventing the first practical telephone)
9. The United States' Apollo 11 was the first manned mission to land on the Moon, on 20 July 1969. Image by Neil Armstrong of fellow astronaut Buzz Aldrin.
10. Victory over Japan Day (V-J Day) in New York City's Times Square on August 14, 1945. A photograph by Alfred Eisenstaedt that portrays a US Navy sailor grabbing and kissing a stranger—a woman in a white dress
11. The Hindenburg disaster occurred on May 6, 1937, in Manchester Township, New Jersey, USA. The German passenger airship LZ 129 Hindenburg caught fire and was destroyed. On board were 97 people—there were 36 fatalities.
12. After decades of dividing a city and a nation, the Berlin Wall came down on November 9, 1989.