

Address: Strawbridge Street, BERRI SA 5343
Secretary: Daina Braddock—0412 416 892
Email: dainabraddock@live.com.au

Website: u3ariverland.org
Courses: Anne Marie Riley—0472 792 339
Email: u3acoursesriverland@gmail.com

EDITOR Diana March



Welcome to new members and “welcome back” to continuing members of U3A Riverland.

Our 5th birthday was celebrated at our Christmas function on 6th December 2019 and I know all who attended enjoyed a slice of that delicious cake.

So what's in store for you this year? With an ever-growing list of activities your toughest decision may be choosing which to participate in.

Our “Registration Day” in January saw approximately 60 people at the clubrooms to meet tutors and make course choices. The buzz in the room was quite electric. Remember, we will attempt to offer whatever you wish—just let us know what activity you would like to see run.

Our sincere thanks go to all of our volunteers who consistently come up with the goods to make this such a successful U3A.

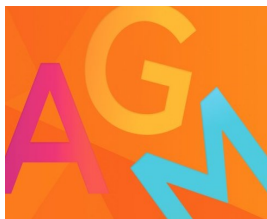


We had our largest ever membership in 2019, with 217 members. Here are some interesting statistics about members who identified their birth year on their membership form (not all did).

50 - 59	18
60 - 69	50
70 - 79	98
80 - 89	32
90+	4

I'd still like to be active: mentally, physically and socially when I get to 90. How about you?

I hope that your year is filled with learning, laughter and friendship.



2020



Anne Chase and John Penna

40 members attended the AGM on 24th February. President Helen Slade outlined the exceptional growth in both membership and activities. She formally thanked the two retiring Committee members, Anne Chase and John Penna, for their commitment to U3A over the years.

Treasurer Shirley Sims detailed the strong financial position of U3A Riverland and reminded members that their membership fees remained the lowest in the state.

Members of the Committee who were up for re-election were all returned unopposed. Past President, Brent Morrell was formally elected back onto the Committee.

Your current Committee of 11 are:

Helen Slade, Shirley Sims, Daina Braddock, Anne-Marie Riley, Terry Marter, Diana March, Tony Guster, Marian Woodberry, Bev Hartigan, Meredith Dunn and Brent Morrell.

The gathering was moved by the presentation of guest speaker Melissa Amos, titled “South Africa—My Story”.



Melissa Amos and Helen Slade

Born in Durban in 1977, we heard Melissa recount her life in South Africa as a “child of Apartheid”. Those years of strict colour and class separation had a profound effect on her and her images depicting “separation” were confronting. She also outlined the changes under Nelson Mandela's leadership from 1994.

In 2006, 29 year old Melissa immigrated to Australia. She credits her parents for her balanced view on life and her empathy for others. She credits Australia for making her feel safe. Her “Mum Amos” quote touched us all.

“You have something to learn from everyone you meet—your job is to find out what that is”.

Melissa has worked in a diverse range of industries from retail, tertiary education, business development and international marketing to local Government—her most recent role being the Director of Corporate and Community Services at Renmark Paringa Council.





HAPPY 5th Anniversary





The card making group meets the last Wednesday of each month. Under the tutelage of Sue Drabsch they have created the most amazing cards—for all occasions.

For Christmas they made these attractive chocolate box/block covers using the same card-making techniques. You'll agree they make a perfect gift. If you want to learn more contact Sue.

More than cards

Reading promotes better aging

Protects cognitive health

People who read every day are constantly learning new things. That increase in knowledge helps to give the brain the workout it needs to stay healthy.

Maintains concentration

Reading helps seniors maintain or improve their ability to concentrate. In a culture obsessed with multi-tasking, attention spans seem to be decreasing. Getting absorbed in a good book can help improve your concentration skills.

Reduces stress

The newest thriller by your favourite author or an interesting article in a magazine dedicated to one of your hobbies can help you forget about your troubles for a while. That's important because stress is linked to negative behaviours like overeating, smoking, and excessive drinking.

Improves memory

Once you retire and leave the working world behind, it can be easy to slip into a routine of watching television for long periods or engaging in too many passive activities. Reading requires you to focus and remember the details of the story. That recall helps to maintain or improve memory.

Opportunities to connect

Older adults who enjoy reading might find it provides an opportunity to connect with and meet new people.

Simply dedicating just 15-20 minutes each day to focus on reading can help older people to become more productive whilst stimulating their minds

Our laden bookshelf at U3A awaits you...come in and borrow a book.

WHAT'S NEW FOR YOU TO DO?

INTRODUCTION TO PROCREATE

Do you have an Apple iPad?

Have you heard of "Procreate"?

Are you interested in drawing, painting, lettering, calligraphy or animation?

I was intrigued by the prospects of this powerful tool at the Registration Day where Maureen Williams gave a demonstration. In Maureen's words, "it's a fantastic Australian app which allows you to get creative on your iPad. The Procreate app can be downloaded from the App Store for a one-time cost of \$14.99". Unfortunately it's not available for Android tablets, but alternative software is.

Maureen will run "An Introduction to Procreate" every second Tuesday. If interested please contact Maureen.
Email: Maureen.williams23@yahoo.com.au
Mobile: 0434 949 813

LEARN A NEW LANGUAGE—TRY INDONESIAN

Indonesia is the world's largest island country with more than 17,000 islands. With over 267 million people, it is the world's 4th most populous country. Java, the world's most populous island, is home to more than half of the country's population. So what language do the Indonesians speak ... many! According to those (from different parts of the world), who have tried learning Bahasa **Indonesia**, it is a relatively easy language to learn.

Join Theresa Andrew for "**Indonesian—Fun and games for Beginners**" on Mondays 1.30-3pm. To find out more contact Theresa.

Email: tanandrew@bigpond.com
Mobile: 0417 454 963



Though these are not run as specific U3A activities, U3A members are invited to attend.

SING AUSTRALIA

Every Thursday from 6.50pm-8.30pm at the Monash Hall. You may come three times before joining. It's not a choir – but a singing group and everyone is welcome.

LEARN THE UKULELE

Thursdays at the Monash Hall Supper Room from 5.40pm–6.50pm. Come and learn the ukulele at Bubble and Squeak. All ages welcome.

RIVERLAND CHORAL GROUP

Meets on Wednesdays to enjoy the benefits of singing in a group.
Enquiries to Marian Woodberry on 0412 649 766

Meet our members

Pete & Yvonne Stuffers



When I asked what drew Pete and Yvonne to U3A they both agreed that they wanted to keep their brains active, do something constructive with their spare time and meet new people. As inaugural members, they both feel that the activities they take part in "tick all those boxes".

Born in 1943, Pieter (Pete) was raised in Amsterdam. Yes, you've got it—windmills, tulips, clogs, bicycles and reputedly, more canals than Venice.

His father, a baker, was unable to find work in Europe after the war so the family became part of the post-war sponsored migration program to Australia.

In 1956 Pete was enrolled at Peterborough primary school. He later moved to the Riverland and attended Glossop High School from 1958 to 1961. His father worked at Winzen's Bakery for many years.

Pete's interest in art was formed early through weekly school excursions to the plethora of galleries and museums in Amsterdam. Being exposed to Van Gogh, Rembrandt and Vermeer fuelled his passion for art. His favourite artist, however, is Anton Pieck.

Post schooling, Pete had a variety of jobs. He worked as a mechanic at Containers Ltd in Berri before becoming an insurance broker with National Mutual. After 23 years in insurance he and Yvonne farmed ostriches for 6 years—"not the most successful venture" claims Pete.

A final career change saw him become a real estate agent at Hookers from 2000 to 2006.

It was during a working holiday to Europe in 1967 that Pete met Yvonne. Born and raised in the familiar sounding Maastricht (yes ... where Andre Rieu comes from) in the south of Holland, Yvonne grew up learning several languages: French, German and her dialect of Dutch. "It was inevitable," she says, "with Germany and Belgium bordering Holland and France only a stone's throw away".

Yvonne stems from a large farming family of 9 children—she is the 5th—born in 1947. Her primary schooling was completed in her hometown but she attended a Belgian high school to learn French. She worked on the family farm prior to moving to Australia in 1969, when

she married Pete. With 2 adult children and 4 grandchildren, life is delightfully busy.

After a major health scare, Yvonne touts the benefits of being fit—she walks, regularly, goes to a gym and swims daily during the summer months.

"When I first left Holland, at the tender age of 22, I didn't know if I would ever see my family again", she said.

"Fortunately, Pete and I have been able to travel extensively. We make regular trips back to Holland to visit family (I really miss my 5 sisters) but we have also travelled to Hawaii, Hong Kong, Italy, Asia and the Greek Islands".

With a cruise from Budapest to Amsterdam on the horizon, they are indeed enjoying their "third age" ... retirement ... with the knowledge that keeping active, physically, mentally and socially is very important.

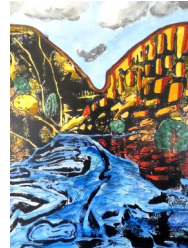
Yvonne continues to "refresh" her French through U3A's Conversational French class, which is now in its 5th year. I think she began with a real "edge", having spoken French as a child. She has also been part of the Funky Socks knitting group as well as knitting children's jumpers for charity.

Pete began his association with U3A Art by joining the very first class, now in its 6th year. He remembers loving to draw at school and has broadened his skills considerably, taking a particular liking to lino cutting and printing.

He has participated in the beginners' German class and recently added Italian to his language portfolio. For relaxation ... as the other activities require homework or practice ... he enjoys the company of U3A's Snooker group.

"I'm surprised there are not more men participating in some of the activities" he said when I left.

"What would you suggest?" I asked. "What activities do you think would entice more men to become active members?"



If any readers have a suggestion please let us know

Kokedamas anyone?

Not sure what they are? I had to ask too.

Loosely translated "Koke" means "moss" and "dama" means "ball". This centuries-old Japanese art of growing plants is currently very popular—you've possibly seen one.

A workshop run by Stephen Lynch, President of the Riverland Orchid Society, was held in December and attendees were extremely pleased with the resulting "orchid balls". There is quite an art to getting the string tightly and evenly wound around the moss ball.

If you are interesting in attending a second workshop, currently being negotiated for term 2, please register your interest.



TED talks

3300 talks to stir your curiosity

If you've never listened to a TED talk, then read further. A TED talk is a video created from a presentation at the main TED (Technology, Entertainment, Design) conference or one of its many satellite events around the world. TED Talks are generally less than 20 minutes.

"TED looks for engaging, charismatic speakers whose talks expose new ideas that are supported by concrete evidence and are relevant to a broad, international audience."

Who hasn't got 5-15 minutes to be inspired, wowed, motivated or moved to tears. (I've gone through all those emotions as I've watched/listened to these amazing speakers)

If you don't want to watch, just listen—the range of topics is huge and I guarantee you'll get hooked. I've even chosen to watch them while travelling on a plane when the movie selection isn't to my taste. Don't take my word for it—take a look at www.ted.com/talks or download the TED app to your phone or tablet for a convenient way to access these talks/podcasts.

Here's a few topics to whet your appetite:

- How the gut microbes you're born with affect your lifelong health
- How we can protect truth in the age of misinformation
- The profound power of an authentic apology
- How a handful of fishing villages sparked a marine conservation revolution
- How we're using dogs to sniff out malaria
- A Holocaust survivor's blueprint for happiness
- Want kids to learn well? Feed them well
- The brain-changing benefits of exercise
- The magnificence of spider silk
- How you can help save the bees, one hive at a time

ANY

BRIGHT IDEAS

YOU'D LIKE TO SHARE?

...we're always listening

NOT Tech Savvy? ...let's fix that!

Tech Savvy Seniors South Australia is a partnership between the Government of SA and Telstra to give older people, particularly those in regional and remote areas of SA, the opportunity to develop skills and confidence to use technology for socialising, accessing services or conducting business.

For more information visit www.telstra.com.au/tech-savvy-seniors

FREE Tech Savvy Sessions at the Berri Library on Thursdays 5pm-6pm

March 12 Learn about Android devices
April 9 Windows 10
May 14 Transferring photos
June 18 Q & A photos
July 23 My Local Services App
August 13 Facebook

September 17 Press Reader
 (free eMagazines)
October 15 Libby (free eBooks)
November 12 Streaming Apps
 (Podcasts, TV, Movies etc)
December 10 Updating software & device
 storage

DURING HISTORY MONTH

May 7 Trove (searching historic newspapers)
May 21 Ancestry (family history)
May 28 Scanning photos

The Berri Library offers **Walk-In Tech Help Sessions** every Friday in school term time from 2.00pm – 3.00pm. Just bring your device and any passwords. No bookings required.

