

Learning for Life



Newsletter # 22

November 2020

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

Website: u3ariverland.org
Courses: Anne Marie Riley—0403 417 166
Email: u3acoursesriverland@gmail.com

When you look back on 2020, what will you remember? A global pandemic has certainly changed our focus, but how lucky are we to live in a region which has, to date, been largely unscathed.

U3A Riverland's Committee has worked hard to make the continuity of activities possible. However, the COVID-caused recess has affected both the number of people attending sessions and the number of activities available. We are certainly not out of the "pandemic woods" yet but I sincerely hope that 2021 sees your continued support as we get back into full swing. Already some interesting new activities are being discussed by the Committee and we welcome your input of additional ideas.

As an inaugural member of the Committee, 6 years ago, I have watched our membership flourish and this is only possible because of the commitment of people willing to run activities. We sincerely thank all our tutors/facilitators who have so selflessly contributed to this success.

The Clubrooms from which we operate are soon to be our exclusive domain. This has required the purchase of new furniture and equipment and over time the facility will be given a facelift. As a result the Committee has approved the first increase in membership fees in 6 years. In 2021 these fees will be \$30 per single membership and \$50 per couple. Remember this is your facility—U3A Riverland exists for its members.

Please show your support by attending the AGM on Thursday 18th February 2021. We'd love to hear your thoughts and you may even consider joining the enthusiastic Committee to steer this organisation into the future.

I wish you all a happy festive season and look forward to seeing you all again in 2021.



EDITOR
Diana March

Merry Christmas

from your Committee

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

Please join us for
**CHRISTMAS
LUNCH**

\$25 for 2 courses

Friday 4th December
at 12pm
Big River Tavern
Shiell Road, Berri



**BOOKINGS ARE ESSENTIAL SO PLEASE
RSVP by Monday November 23, 2020**

To: Secretary Daina Braddock
Phone: 0412 416 892
Email: dainabraddock@live.com.au

*Mark
your
calendar*

Jan 28, 2021: Registration Day/Meet the Tutors
Feb 1, 2021: Classes/activities begin
Feb 18, 2021: Annual General Meeting

PRESIDENT'S REPORT

For those who remained in the Riverland, we have survived what seemed a very long, cold winter. Thankfully summer is just around the corner and with it comes the hope that COVID 19 restrictions will ease and we will all be able to enjoy a safe family Christmas.

Your Management Committee is very excited to announce that we will soon officially call the building, previously occupied by the Berri RSL on Strawbridge Street, our home base. Lease arrangements are being negotiated and documented at this time.

The Art and Language groups are already occupying the newly renovated Sister's room. Thank you to the volunteers who made this space so comfortable. Other classes are occupying the main hall when space is required. To date most have been able to continue their activities whilst adhering to COVID-safe social distancing rules.

Once the RSL remove all their memorabilia we plan to spruce up the entire building. I feel confident that you will, if you are capable, volunteer to assist us when the time arrives.

Yoga began in September, using the CWA Hall in Loxton. It is a very social group learning age appropriate exercises. Coffee and conversation follows the Wednesday morning session which runs from 10-11. We don't have any other U3A activities in Loxton at the moment so U3A members from other Riverland

towns are most welcome. Why not come along and meet some new people?

Ever optimistic, your Management Committee are looking forward to introducing new classes and activities in 2021, so keep your eye open for the Term 1 schedule when it becomes available.

Several committee members' terms are due to expire. They may re-nominate but we welcome any members who may be interested in joining the U3A Riverland committee. Please don't hesitate to approach any committee person if you are interested.

You might be interested but don't feel confident to take on a role on the Management Committee initially. However, you may be prepared to "shadow" an existing member so that you can become familiar with what is involved. We would love to hear from you as well, as new blood determines the future of any group.

I look forward to meeting up with you at the end of year Christmas lunch (see details on page 1) and the AGM early in 2021.

Stay Safe

Marian Woodberry
Acting President



BREATHE EASY

Would you like to ease anxiety, focus better, stop snoring and live healthier?

TRY YOGA!



Information taken from a "SA Weekend" article written by Roy Eccleston, published September 26/27 2020

Greg Smith a psychologist of 40 years has found that sometimes it's the simple things that work, for example breathing.

Yoga has a strong focus on breath and the patterns of breathing.

It's over generalizing, but people who are anxious tend not to breathe out deeply and when people are depressed they don't tend to breathe in properly. Teaching people different styles of breathing helps them to shift gears quite quickly.

We don't usually pay breathing much attention, but it can be really good for health. To bring the body back into balance; take a full breath using the diaphragm then just relaxing the breath out. A very simple **yoga** exercise.

If you can breathe through your nose, the air inhaled is filtered, it bounces around, warms and humidifies, stimulating the production of nitric oxide which is good for dilating blood vessels (potentially lowering blood pressure). Of course, at times you do need to breathe

through your mouth.

You don't snore if you breathe through your nose. If people can focus on nose breathing during the day, that can make a difference to snoring when asleep.

If people are feeling agitated, stressed or distracted, they need to stop ... breathe ... refocus.

We have often heard the saying, "take a deep breath and count to ten". Several of these in succession, take your mind from the stressing thoughts and bring the body back to a balance which then allows you to focus on whatever it is you need to do. Breaths like that calm the mind and shift the brain out of busy thinking and into a more gentle awareness mode.

Singers are familiar with diaphragmatic breathing – but often don't realise that the use of slow diaphragmatic breathing helps to calm them, increasing their ability to perform at their best, having also reduced their anxiety.

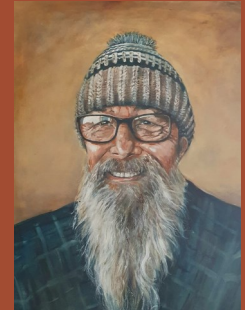
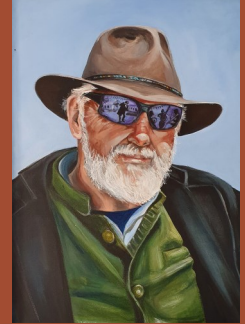
Generally, people don't think about

breath and therefore don't think about it as related to mood. However, as more people go to **yoga** classes or participate in the exercises related to **yoga**, where there is a big emphasis on breath, this thinking is changing.

Greg Smith claims that "breathing better is not only a calming joy that helps us to focus, but can reduce insomnia, stop snoring, drive inspiration and help with depression." He also promotes the benefits of **yoga** for its strong focus on deep breathing and breathing patterns.

**Diaphragmatic breathing, or "belly breathing," involves fully engaging the stomach, abdominal muscles, and diaphragm when breathing. This means actively pulling the diaphragm down with each inward breath. In this way, diaphragmatic breathing helps the lungs fill more efficiently.*

U3A Riverland is offering Yoga, run by Jill Lingard at the Loxton CWA Hall from 10.00am –11.00am, every Wednesday. Join the class and see the benefits for yourself.



SALA South Australian Living Artists Festival

U3A RIVERLAND ART EXCURSION

Our last art excursion was to Broken Hill in April of last year! So, it was high time we got out and about again, especially having emerged from hibernation, isolation, lock downs and any other negatives that may have come our way.

Fortunately, we didn't have to travel as far as Broken Hill to have a very enjoyable day out and to take in quite a lot of local art, which in some cases, is right under our noses without us even realizing. Our aim was to visit Liz and Clint Frankel's Gallery at Hogwash Bend, a very interesting place on the Murray, between Waikerie and Kingston on Murray.

We made our own way to the gallery, looking out for Clint's homemade road sign (the official one had been stolen!) and balloons to mark the turn off from the Sturt highway. Not an easy place to find, but we were well rewarded for our trip over the dusty roads by the wonderful views, from quite a height, of the Murray and by Liz and Clint's warm hospitality upon our arrival.

After an introduction, an invitation to look at their gallery and home—which both Clint and Liz have created from recycled materials—Liz proceeded to lay out a wonderful spread of her own made cakes and slices for morning tea. Cup of coffee in one hand and a delicious slice in the other, was a wonderful way to walk around the gallery, appreciating each exceptional piece and eyeing off some for possible purchase.

Liz and Clint are primarily glass artists who use a number of different techniques to embellish glass products or to create unique art works on recycled glass, which they themselves have formed into decorative pieces. All these are on display and for sale in their gallery. (The gallery is open to visitors, by appointment.)

After our leisurely walks around the gallery, home, garden and lookout, laden with our purchases, we headed to the Rainmoth Gallery in Waikerie. More beautiful surprises in store for us! We admired the work of local artists, both on

canvas, paper and in metal.

It was the last medium in particular which set us off on another quest; this time to the workshop and gallery of metal worker Anthony Leske, just off the Sturt Highway. The work here was just so different, showing creativity, humour and such a clever approach to the very unforgiving medium of metal. Anthony's work is on public display on the stone wall at the entrance to Waikerie and at the Rainmoth Gallery.

By this time, less hardy souls would have been happy to simply drive home, but for some, there was one more artist's work we had to see. Lyn Anstey*, one of our very own U3A artists of very considerable talent, was exhibiting her work at her home in Loxton, for SALA. What a treat for us! Lyn's work, either in oils or acrylic on canvas, captures our Riverland landscapes and flora in brilliant colour with beautiful attention to detail, occasionally delighting the eye with studies of figures and portraits.

Thank you to all the local artists, right here in the Riverland, who gave us the opportunity to look at their work and admire their talent.

*Daina Braddock
Art Tutor*

**Lyn Anstey's work has been exhibited widely. Last year she held a solo exhibition during SALA at the Woolshed Brewery. This year, she was very proud to have her work digitally projected onto the wheat silos at Karoonda.*





Got worms?

Want worms?

There are over 1000 species of native worms in Australia and approximately 80 introduced species that are beneficial as well.

Earthworms are excellent buddies to have in your garden. They return nutrients to the soil from organic matter such as fallen leaves, vegetable peelings, fruit scraps, hair clippings, and even old paper. These nutrients are important for plants and will greatly enrich the soil in your backyard.

They are not all small and brown - some Australian native worms are enormous. The Guinness Book of Records show the 'Gippsland Giant' growing to 3 metres. A species found in north-eastern New South Wales often grows longer than 150 cm and is as thick as a garden hose. But you are unlikely to find one of these monsters in your backyard.

Earthworms can eat up to half their bodyweight in organic material every day. By tunnelling and burrowing underground, earthworms aerate your soil, making it less compact and easier for water to penetrate and get to plant roots.

Worms have good reason for staying under the ground - not only do they need to stay moist, but they are the favourite food of many birds.

Avoid using chemicals or pesticides in your garden as they can enter the soil and cause your worms to become sick. If you have recently wormed your pet,

collect any droppings from the garden and put them in the bin, as these chemicals can kill earthworms.

By putting your organic waste like fruit and veggie peelings, scraps, and even shredded paper in a compost or worm farm, you're reducing the amount of rubbish you send to landfill.

Be an Earthworm Buddy

- Make a compost heap in your garden.
- Cover up any worms you unearth when digging in the garden. They don't like to be exposed.
- Mulch your garden beds, grow groundcover, or let leaf litter be your mulch. This will provide plenty of worm food and keep the soil moist.
- Collect any veggie peelings, fruit scraps, old shredded papers and put them in the garden for worms to eat.
- Start a worm farm and make worm juice (liquid fertilizer) which is great for your plants.
- In good conditions worms breed every 7-10 days, eggs take about 21 days to hatch, and in 2-3 months the new worms are ready to breed. The population will double every 2-3 months and will eat all your scraps and organic material.

- **Avoid** using chemicals, pesticides or insecticides in your garden.
- **Avoid** overwatering your garden as worms like damp but not extremely wet soil.
- **Avoid** putting meat, dairy, sugary products, spicy vegetables, or citrus scraps in the garden as worms don't like to eat them and they can attract other insects and rats.

A few Earthworm Facts

- Worms have both male and female organs, but they still need another worm in order to reproduce. Worms lay eggs which hatch after about three weeks.
- Earthworms don't have lungs, and instead breathe through their skin.
- Worms are made up almost entirely of water, and so they love to be in damp soil during the day where it is cool and moist, so they don't dry out or become too hot.
- Worms don't have eyes but they do have light-sensitive tissues near their heads to detect light.
- Earthworms don't have teeth. Tiny stones in their gut help grind up what they eat. www.backyardbuddies.org.au

Remember strip maps?

No - not your guide to Hindley Street

The RAA has reintroduced strip maps leading to some of the state's favourite destinations—Mount Gambier via Naracoorte and the coast, Renmark via the Sturt Hwy, Coober Pedy via the Stuart Hwy, Flinders Ranges via Clare and Port Lincoln via Port Wakefield and Cowell. Each of the 6 maps begins from Adelaide and can be downloaded from the RAA website: <https://www.raa.com.au/travel/road-trips>

They look just like I remember them. Before setting out on a journey, (prior to GPS that is), we'd go into the local RAA and watch as the staff pulled out a string of maps that made navigating to a destination easy.

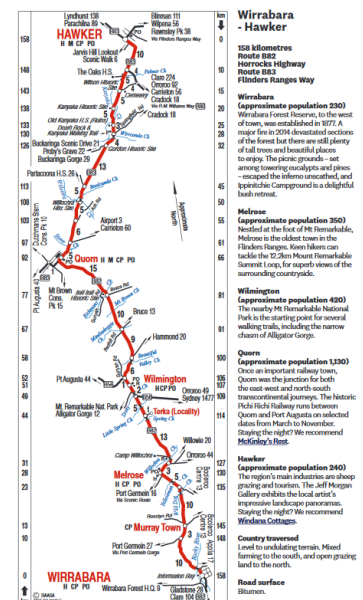
Strip maps show distances, roadside features and town facilities on a simple flip-over style map, which can be used in both directions.

Adelaide to Arkaroola (an example)

The 8-hour journey from the city centre to the arid landscape of Arkaroola is a feast for the senses. Take in the vineyard valleys of Clare, and watch as your window vista transforms from the mountainous ranges of the iconic Flinders to the distinctive red soils of the north.

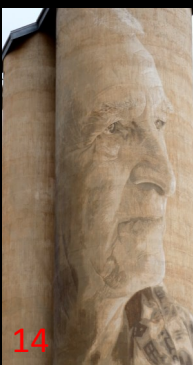
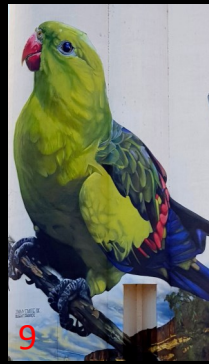


Adelaide to Arkaroola
via Horrocks Hwy, Clare and Melrose (Mt Remarkable)





www.australiansiloarttrail.com

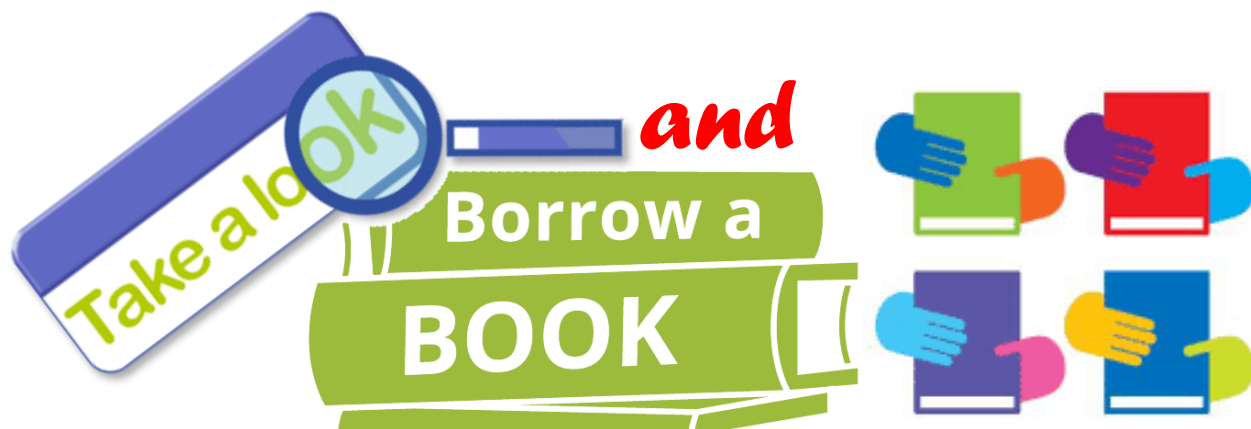


Do you know where these are?

Many of you will have seen some of these amazing art installations on wheat silos, towers and tanks. A national art trail is encouraging people to journey along what is now considered Australia's ultimate road trip. Check out the website for more information.

These are some I've been in awe of:

- 1 Wirrabara SA 2 Yelarbon Qld 3 Tumby Bay SA 4 Goorambat Vic 5 Coonalpyn SA 6 Rosebery Vic 7 Cowell SA 8 Goorambat Vic
9 Waikerie SA 10 Sheep Hills Vic 11 Brim Vic 12 Weethalle NSW 13 Wirrabara SA 14 Lascelles Vic 15 Karoonda SA 16 Devenish Vic
17 St James Vic



Our ever-expanding U3A library is proving popular. Come in and browse through the shelves.

Borrowing is simple—just record the details of the book, together with your membership details and return the book when you have finished reading it so that others can enjoy it too. This operates on an honesty basis as we don't have a dedicated "librarian". We just ask that you return the book to its alphabetical section ... by author.

In the future we hope to extend this to jigsaw puzzles, videos and DVD's so if you have any that you would like to donate, please feel free to do so.

