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# Goodbye



As I think back over the past, almost 7 years, I recall vividly all that has happened within U3A Riverland. It's been an amazing journey for me and I've been excited by how the local community has embraced the courses/activities offered during this time.

I'm proud to have been able to enthuse a small band of people (primarily colleagues who left the workplace at about the same time) to tackle the essentially "boring" stuff needed to set up our organisation. Our steering committee didn't really understand the complexities of Constitutions—we just wanted to run some fun stuff that would get people out of their homes and engage in some post-retirement learning. We all passionately believed in U3A's motto: "Staying active—mentally, physically and socially".

I began as the publicity and marketing person in our little group and aimed, through printed leaflets, talking to community groups and chatting on radio, to awaken people to what a Riverland U3A could offer. It also meant engaging the three separate local council bodies (we all know how parochial the individual towns are!)

I've thoroughly enjoyed bringing you the last 22 editions of the newsletter, but this 23rd edition will be my last. I have stepped down from the Committee though I will remain active as a U3A member.

I'm constantly looking to do interesting things and believe that short-term activities/workshops suit many people as well as complement the term-length or year-long activities. I aim to continue with art, creative writing, German, yoga and sock knitting. Yes ... I'm busy!

Most importantly, an organisation like ours cannot exist without the volunteers who commit time to facilitate an activity. Some have been doing this for 6 years and they deserve our gratitude. I ask each of you to consider what you might be able to offer to grow our offerings ... if not yourself, maybe someone you know who has a skill they are willing to share.

I'm a social creature and over the years I've loved meeting many of you through our various activities.

Heartfelt thanks for believing in us.

**EDITOR**  
**Diana March**

## PRESIDENT'S REPORT

Can you remember our last AGM? Life was pretty normal and our U3A activities began as planned. Not long after, we became aware of the COVID 19 virus and its widespread implications.

On advice of U3A SA, it was decided to err on the side of caution and suspend activities, as our members were deemed to be in the "vulnerable" group.

None of us envisaged the pandemic would last this long and become the world-wide problem we've watched unfold. It came close to home. Sadly one of our members lost her beloved husband to the virus. Our sympathy was extended to her and we hope that as time goes by the pain of her loss will lessen.

The Committee continued to meet, obeying social distancing and COVID-safe practices, as important discussions regarding the use of the RSL rooms were essential to secure our ongoing use of the premises.

Unfortunately in May 2020 I took leave as President as I had to undergo surgery and lengthy follow up treatment. Happily all has gone well, and treatment is now complete.

Vice President Marian took over the reins during my absence and chaired the meetings. I sincerely thank all the Committee members who in the last 12 months have continued to have U3A's activities and its members' safety as their priority. They developed a "COVID-safe plan" and purchased the required sanitisers and wipes to keep the facility "safe".

Some classes resumed while others continued in remote mode. It's amazing what was achieved via online communications. As the old saying goes "Where there's a will there's a way."

We now have sole tenancy of the Club rooms. Work needs to be done to "spruce them up" a little so I ask that you support your Committee when they schedule a working bee.

It has been lovely to see 2021 begin with members attending a wide selection of activities again. However, we still need to remain vigilant and continue to obey all COVID- safe practices.

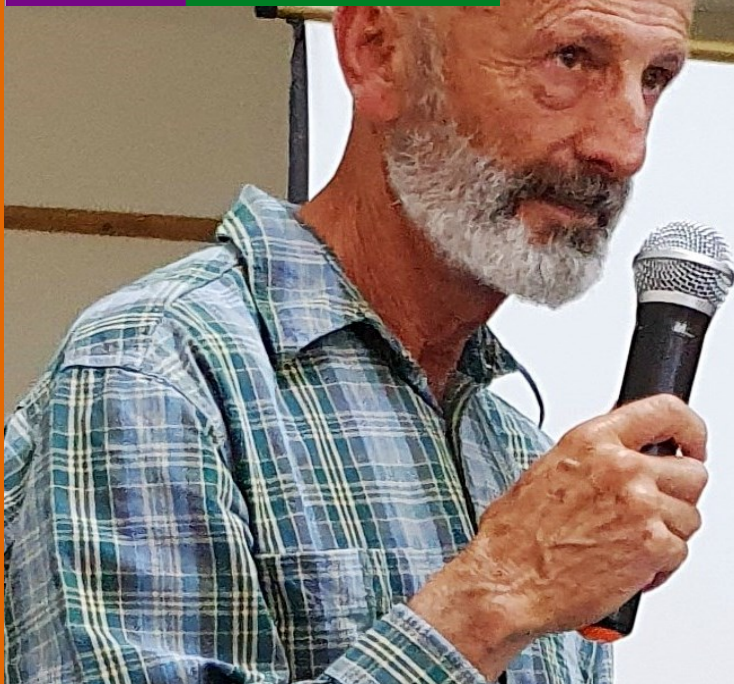
Wishing each of you a safe and healthy 2021.

*Helen M Slade*





Guest speaker, Darryl Lang, presented an interesting overview of a Mildura based project, of which he is a Board Member.



The primary object of **Food Next Door Co-op** is to relieve the suffering or distress of newly arrived migrants and refugees by supporting these groups to re-engage in farming and grow food, including their traditional foods.

**Food Next Door's** vision is for under-utilised and vacant farmland to be transformed into productive foodscapes using regenerative farming practices.

Out of the Box is a Food Next Door Co-op social enterprise. Run weekly, local produce boxes supply the community with produce grown by small-scale regenerative farmers.

The enterprise is based on three connected principles:

- Fair returns to growers
- Building community
- Regenerating our soils

To learn more about this project, visit the website [www.foodnextdoor.org.au](http://www.foodnextdoor.org.au)



Founding member Diana March was farewelled by President Helen Slade who has chosen to stand down as President for 2021 but remain as Vice President. Marian Woodberry was elected President. All "due to retire" members were re-elected unopposed and Ute Young was elected to the Committee.

## MEET NEW COMMITTEE MEMBER—UTE YOUNG

My family migrated from Germany in 1950. After a short stay in the Bonegilla migrant camp we moved to Barmera where my father followed the fruit harvest. We moved 13 times from one picker's quarters to another until my folk built their house in Renmark after the '56 flood.

I was schooled in Barmera, Glossop and Renmark and in 1963 married Des Young. Over the next 5 years we had 2 sons. In 1969 we started a 4-year battle to adopt 2 girls from Vietnam.

Workwise, I had a go at almost everything: nursing, fruit harvesting, swimming instructor, sales assistant. For 21 years I was a sales rep for 3 food companies. I volunteered for fundraising and catering at the kid's school, swimming club, Riverland Aid to Orphans and Friends of the Industry. (I was cook on the Industry on 3 of her week long trips

to Goolwa and Wentworth, feeding 22 crew and passengers ... very exhausting)

I did a stint at the Renmark hotel as breakfast and lunch cook. My last job, at a local service station, began as "helping out" for 4 weeks ... I ended up staying for 4 years!

As a kid I loved to draw. When U3A offered its first art class I was sold and enjoyed 4 years, learning from tutor Daina. I've now joined the Creative writing group and I'm loving it (despite being a shocking speller). I've willingly accepted the catering role on the Committee and look forward to the challenge.

I believe "life is for living". The more I learn and the more variety I can pack into it, the more alive I feel.





# Can't Sleep?



**Aging affects people differently. While some older adults may have no significant disruptions in their sleep, others complain about getting less sleep and having worse sleep quality.**

## Common sleep disturbances in older adults:

**Shifting sleep schedule** As people age, the body's circadian rhythms actually shift forward in time so older adults experience getting tired earlier in the afternoon and waking up earlier in the morning.

**Waking up at night** Older people often experience changes in their sleep cycle (stages of sleep) spending more time in the earlier, lighter stages of sleep and less time in the later, deeper stages. These shifts may contribute to waking up more often during the night and having more fragmented sleep.

**Daytime napping** While some experts suggest that a short daytime nap may be beneficial, many agree that extended napping especially later in the day can create night time sleep disruptions.

**Longer recovery from changes in sleep schedule** Alterations in how the body regulates circadian rhythms make it more difficult for older people to adjust to sudden changes in their sleep schedules, like during daylight savings time or when experiencing jet lag.

## Common Sleep Issues in Seniors

Researchers estimate that between 40% and 70% of older adults have chronic sleep issues which can significantly interfere with older adult's daily activities and reduce their quality of life.

**Pain** and sleeplessness can become a vicious cycle. Less sleep can lead to more pain, so it's important to talk to a doctor if pain is interfering with sleep.

**Night time urination** increases with age due to physical changes in the urinary system and contributing to increased sleep disruptions.

**Insomnia**—difficulty in falling or staying asleep— is one of the most common

sleep issues in older adults. It can get better with treatment.

**Daytime drowsiness** is not a normal part of getting older, around 20% of older people experience excessive daytime sleepiness. This may be a sign of an underlying health condition such as sleep apnoea, cognitive impairment, or cardiovascular issues.

**Sleep Apnoea** can cause pauses in breathing during sleep and can affect oxygen levels in the body, leading to headaches, daytime sleepiness, and difficulty thinking clearly.

**Restless Leg Syndrome (RLS)** affects 9-20% of older people, while periodic limb movements of sleep (PLMS) affects 4-11%. RLS causes an urge to move the legs while resting or sleeping. PLMS causes involuntary movements in the lower limbs, most commonly in the feet.

## Sleep Tips for Seniors

Research has shown that older people can take steps to improve their sleep by developing habits that encourage quality sleep.

**Exercise:** People who exercise regularly fall asleep faster, sleep longer, and report better quality of sleep.

**Reduce bedroom distractions:** TVs, cellphones, and bright lights can make it more challenging to fall asleep. Move electronics out of the bedroom and reserve the bedroom for only sleeping and sex.

**Avoid substances that discourage sleep:** Substances like alcohol, tobacco, caffeine, and even large meals late in the day can make sleep more challenging. Try eating dinner at least four hours before bedtime.

**Keep a regular sleep schedule:** Aging makes it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. Try going to bed and waking up at the same time every day and being careful about napping too long.

**Develop a bedtime routine:** Find activities that help you relax before bed. Many older people enjoy a bath, reading, or finding some quiet time before getting into bed.

## Safe Sleeping for Seniors

Insufficient sleep in older adults can lead to a higher risk of falls and accidents. As people age, it's helpful to make changes to the bedroom environment that reduce the risk of accidents and makes it easier to call for help when needed. Here are some steps to consider for a safer night's sleep:

### Keep a telephone by the bed

It's important to be able to call for help from bed. Put a phone on the nightstand and, even better, keep a list of important phone numbers nearby. Be careful about keeping a cell phone nearby particularly if it receives too many notifications during the night or if there's too much temptation to look at the bright screen.

### Make sure a light is within reach

Having a light easily accessible reduces the need to stumble around in the dark when getting out of bed. This can reduce the risk of trips and falls when trying to find the light switch. Lights with motion sensors may be helpful in hallways or the bathroom.

### Reduce hazards in the bedroom

Never smoke in bed and be careful when placing objects in the bedroom that may become trip hazards, like rugs, cords, stools, and furniture.



**The National Sleep Foundation guidelines advise that people over 65 should get seven to eight hours of sleep each night.**

[www.sleepfoundation.org](http://www.sleepfoundation.org)



Thanks to wine enthusiast Jenny Lowry, 12 members learned (through tasting) a lot about local wines. We'd never heard of many of the varieties which are now being grown in the Riverland: Albarino, Arinto, Fiano, Petit Manseng, Lagrein, Saperavi, Montepulciano, Tinto Barroca

**SEE:** observe the colour and clarity of the wine. This is affected most by the age of the wine and the grape variety.

**SWIRL:** swirling wine in the glass exposes it to a larger surface area which increases wine's contact with air and intensifies its aromas.

**SMELL:** what is the very first thing you think of when you smell the wine? Fruits, spices, flowers, wood, minerals?

**SIP:** the overall "taste" of a wine is a combination of smells and flavours. Let the wine sit in your mouth for a moment or swish it around so the wine touches all of your taste buds,

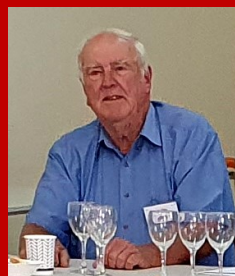
**SPIT:**

**What?** And waste a good wine?



*I overheard a young woman going on and on about making ice cubes out of left-over wine. I was so confused.*

*What is 'left-over' wine?*



## COMING SOON

### FAMILY HISTORY

If you have ever wanted to trace your family history then this may be the activity for you. Participants can be at any stage in their own search—from absolute beginners to seasoned searchers or even publishers.

**Tony Guster** will run this activity monthly, beginning on March 16. You can contact Tony on **0447781820** or by email: [tonyguster@gmail.com](mailto:tonyguster@gmail.com) to register your interest

### CHAINSAW & TOOL MAINTENANCE

Do you have a shed full of gardening tools that require some maintenance?

Think sharpening secateurs, other pruning equipment and chainsaw maintenance. Don't throw out the tools you already have—learn to salvage them. This activity is suitable for both males and females.

Register your interest in this activity by contacting **Brent Morell** on **85865235** or email at [bkmorrell@bigpond.com](mailto:bkmorrell@bigpond.com)



FOOD FOR  
THOUGHT

Maxine.com Facebook.com/maxine



Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams. The website contains a wealth of information including a series of videos.

## Online shopping scam

While many online sellers are legitimate, scammers can use the anonymous nature of the internet to rip off unsuspecting shoppers.

Scammers use the latest technology to set up fake retailer websites that look like genuine online retail stores. They may use sophisticated designs and layouts, possibly stolen logos, and even a '.com.au' domain name and stolen Australian Business Number (ABN).

Many of these websites offer luxury items such as popular brands of clothing, jewellery and electronics at very low prices. Sometimes you will receive the item you paid for but they will be fake, other times you will receive nothing at all.

The biggest tip-off that a retail website is a scam is the method of payment. Scammers will often ask you to pay using a money order, pre-loaded money card, or wire transfer, but if you send your money this way, it's unlikely you will see it again or receive your purchased item.

A newer version of online shopping scams involves the use of social media platforms to set up fake online stores. They open the store for a short time, often selling fake branded clothing or jewellery. After making a number of sales, the stores disappear. They also use social media to advertise their fake website, so do not trust a site just because you have seen it advertised or shared on social media. The best way to detect a fake trader or social media online shopping scam is to search for reviews before purchasing.

## Case ...

### \$160 lost on a fake BBQ

We were scammed by a very clever website advertising cheap barbecues. Payment was via credit card with a 2.99% fee, or direct transfer with a 5% discount. Then we received an email saying that due to logistic emails our order was cancelled and being refunded. Not surprisingly, the money has not been refunded. Very clever approach. The first time I have ever been scammed.

We encourage you to report scams to the ACCC via the "report a scam" page on the website. This helps us to warn people about current scams, monitor trends and disrupt scams where possible. Please include details of the scam contact you received, for example, email or screenshot.

## Attempts to gain your personal information

**Phishing** the scammer tricks you into handing over your personal information.

**Hacking** the scammer gains access to your information by exploiting security weaknesses on your computer, mobile device or network. Scammers can also obtain your information when they hack into business or government accounts.

**Remote access scams** the scammer tricks you into giving access to your computer and paying for a service you don't need.

**Malware & ransomware** malware tricks you into installing software that allows scammers to access your files and track what you are doing, while ransomware demands payment to 'unlock' your computer or files.

**Fake online profiles** the scammer sets up a fake profile on a social media or dating site and sends you a 'friend' request.

**Document theft** the scammer gains access to your private information through unlocked mailboxes or discarded personal documents such as utility bills, insurance renewals or health care records.

**Data breaches** the scammer obtains your data through accidental data breaches of business or government accounts. You may not even be aware that some of your information has made its way to scammers.

## What scammers can do with your personal information

- access and drain your bank account
- open new bank accounts in your name and take out loans or lines of credit
- take out phone plans and other contracts
- purchase expensive goods in your name
- steal your superannuation
- gain access to your government online services
- access your email to find more sensitive information
- access your social media accounts and impersonate you to scam your family and friends.

## Protect yourself

- Do not open suspicious texts or emails – delete them.
- Verify the identity of the contact by calling the relevant organisation directly.– do not use the contact details provided in the message sent to you.
- Never send money or give credit card, online account details or copies of personal documents to anyone you don't know or trust.
- Never provide strangers remote access to your computer – you never really know who you're dealing with.
- Choose passwords that would be difficult for others to guess & don't use the same password for every account.
- Secure your networks and devices with anti-virus software and a good firewall. Avoid using public computers or Wi-Fi hotspots to access or provide personal information.
- Be very careful about how much personal information you share on social network sites. Scammers can use your information and pictures to create a fake identity or to target you with a scam.
- Put a lock on your mailbox and shred or destroy any documents containing personal information before disposing of them.

# What does your Lippy say about you?

**The shape of the “bullet” in a woman's lipstick changes, depending on how she applies it and this can reveal a great deal about them as people.**

When women apply their lipstick, most think it's a fairly innocuous task, something that can be done quickly and quietly with the minimum amount of fuss. As it turns out, however, the way in which you apply your lipstick—and the shape that this causes the product to take over time—actually reveals a lot of details about who you are as a person.

[www.dailymail.co.uk](http://www.dailymail.co.uk)



## Sharp angled with curved tip

- creative
- energetic
- optimistic
- chatter a lot
- like people to notice you
- helpful
- needs schedules but dislikes them

**OK LADIES—DIG INTO YOUR HANDBAGS, DRAWERS, COSMETIC BAGS OR ANY OTHER PLACE YOU KEEP YOUR LIPSTICKS. LINE THEM UP WITH THE TIPS SHOWING. DO THEY RESEMBLE ANY OF THE SHAPES SHOWN?**



## Flat top

- straightforward/to the point
- careful about appearances
- conservative
- quick-witted
- sticks to principles
- requires approval
- very dependable
- loves challenges



## Concave top

- perceptive
- makes friends easily
- dynamic
- likes to investigate/probe
- complex personality
- exciting
- brave
- can be indiscreet



## Rounded dome shape

- easy going
- even-tempered
- likeable
- peacemaker
- generous



## Concave both sides

- amiable
- family is important
- like to tell people what to do
- competent and efficient in your work
- stubborn
- tendency to exaggerate
- like to be surrounded by friends



## Close to original shape

- abides by the rules
- doesn't like too much attention
- somewhat reserved
- self conscious
- a great admirer of others
- a follower
- likes a structured schedule



## Sharp angles both sides

- curious
- faithful
- good sense of own importance
- likes easy solutions
- witty
- seeks attention
- loves life
- mysterious

**So which personality type are you? Does the description sound like you?**



Save the Date!

U3A Riverland hosted the inaugural Rendezvous in 2017. As a result of it's huge success, the 2nd Rendezvous was hosted by Adelaide Hills U3A in 2019. All those who attended either, or both, of these events will attest to the fantastic activities offered and the wonderful acquaintances made with other state-wide U3A members.

This year's event will be hosted by Tea Tree Gully U3A. I urge you to consider attending this event. Keep your eyes peeled for further information but the following flyer from Tea Tree Gully should whet your appetite.



# RENDEZVOUS 2021

Bookings open July 1st



SAMPLE OF ACTIVITIES

**TUESDAY OCTOBER 5, WEDNESDAY OCTOBER 6, THURSDAY OCTOBER 7**

## WHERE ARE THE WOMEN ARTISTS IN HISTORY?



They were there and some were successful. Come and listen to the stories of their lives, view their works and learn more about their times.

## PHOTOGRAPHY

Like to learn about composition, the rule of 3? Hear a few guidelines of colour theory to improve your photos.

## UKULELE

Bring your ukulele along for a group singsong



## MUSCLES IN MOTION

Come and get fit, lose some calories, have fun and release those feel good endorphins. Stretching, dancing, walking, balance, light weights.

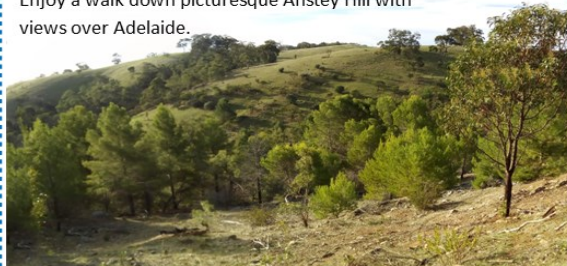


## TAI-CHI

Learn some of the basics of this low impact exercise with a series of movements which can help, balance, strength, flexibility, posture with a relaxing meditation.

## ANSTEY HILL WALK

Enjoy a walk down picturesque Anstey Hill with views over Adelaide.



## GEOLOGY

We'll get the microscopes out and have an interesting afternoon of discovery.

## SINGING WITH THE STARS

Whether you have a great voice or not, come along and have fun singing or just listening to your favourite artists with lyrics and video on the big screen.



## CONTRACT BRIDGE

Call up your best players and see who are the U3A SA champions.

## CARD MAKING

Get some ideas for making personalised greeting cards.



## NEWMANS NURSERY

View one of Adelaide's oldest Nurseries with specialty Camelias, Roses, Lavenders Fruit trees



## BOARD GAME-ON

Come and enjoy some healthy escapism and enjoy the relaxing social aspect of playing with others and learn some new games in a friendly atmosphere.

Open each day all day

