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10 years Celebrate with us



Birthday celebrations

Left: 1st Birthday Centre: 5th Birthday Right: 10th Birthday

Welcome to our 11th year of operation. Yes, it's hard to believe that we've been scheduling and attending activities for 10 years.

This milestone was celebrated at the AGM on March 7th where members heard about the past 10 years of U3A Riverland's success and shared the specially baked birthday cake.

Three of the original steering committee (Diana March, Shirley Sims and Daina Braddock) reflected on the initial hurdles of setting up the local branch of U3A. All three remembered the overwhelming surprise at the huge interest shown at the public meeting held on November 20th 2014. Clearly, the Riverland community was ready to embrace what U3A stood for:

"Staying active: mentally, physically and socially"

Past President Brent Morrell also shared his recollections of the initial years and the hugely successful 2017 Rendezvous that he orchestrated to gather U3A's from around the state to come to the Riverland ... to see what this new fledgling of a U3A

could offer. We were certainly viewed by other branches as being proactive and energetic.

Our offerings began with 5 activities in Term 1, 2015. Since that time we have run over 70 different activities which have given members the opportunities to try new things, but more importantly to meet like-minded people and form lasting friendships.

We have begun this year with 154 members and we know those numbers will swell as the year progresses. Of course none of this would be possible without the generous time donated by tutors and facilitators alike and our heartfelt thanks are extended to those people.

Equally, the dedication and commitment of people who have been on the Committee (the heart of any organisation like ours) over the years is much appreciated.

In recognition of long service in their specific roles, an award was presented to both Shirley Sims and Tony Guster for their continuous 10-year terms on the

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Committee. Shirley has been Treasurer and looked after membership while Tony has been our Grants guru, finding funding to enable us to buy air conditioners and IT equipment. He also took on the role of President in 2024. This continuity has given the Committee stability.

Three Committee members retired (Philip Sims, Carol Bennett and Robbie Millar) and 2 new nominations were received and elected to the 2025 Committee. Welcome Vivienne Smith and Jane Du Rieu.

It gave me great joy to look through all 26 Newsletters created since our formation and realise how far we have come.

Remember that the Committee welcomes any suggestions from members regarding ideas that will take our organisation forward.

Diana March—EDITOR

*Thank
you
so
much*



**BLOWIN'
IN THE
WIND**



*He may not be Bob Dylan,
and he's certainly not Peter,
Paul or Mary, but our own
Tony Guster led the AGM
attendees in a quirky
rendition of the famous song
... albeit with different lyrics.*

U3A ANTHEM

How many times did you say in your youth
You'd never be old and grey
You said you'd never shirt and you'd never give up work
And retirement seemed a million miles away
But the time has come around and very soon you've found
You need a way to keep old age at bay

The answer my friend is join a U3A
The answer is join a U3A

How many groups can you fit in a week
Five, six or maybe even more
You've joined Astronomy and you've traced your family tree
Played Bridge, Chess and learned to paint and draw
You can walk, dance and sing and do almost anything
Why don't you get the time to mop the floor

The answer my friend is you joined a U3A
The answer is you joined a U3A

How many times do you think to yourself
The garden needs a weed and a dig
The fridge needs a clean 'cos the cheese is turning green
And the pile of ironing's looking rather big
You need to clean the loo but have better things to do
And what the hell ... you couldn't give a fig

The reason my friend is you've joined a U3A
The reason is you've joined a U3A

Yes, the answer my friend is you joined a U3A
You joined the Riverland U3A

(Author unknown)





SENIORS INSPIRE US

... The Senior Magazine ... November 28 2024

Dr Bronwyn Herbert has spent most of her adulthood working to improve the lives and experiences of others, especially families in crisis and those who face homelessness.

At the age of 90, the long-time social worker proved learning is for life when she received her PhD after completing her thesis on the generational impacts of homelessness. In 2024, at 91, she was named the Australian Senior of the Year for Queensland.

Dr Herbert stopped working in social work at 81 - a time when most people are well into retirement, so she could concentrate on writing her thesis. At her PhD graduation from the University of Queensland's School of Nursing, Midwifery and Social Work she was an inspiration for all the other graduates.

In an interview with The Senior after her graduation, Dr Herbert said "Over many years I noticed that some young people who'd been homeless as children with their parents were falling into homelessness as adults and I wondered what we could have done differently to prevent this inter-generational problem."

"There was little written about how early homelessness affected their relationships, education, and employment, so I decided to follow

that up and try and close some of those gaps with information."

Dr Herbert's work to improve the lives of others began after her first husband, a medical student, died on her 23rd birthday when she was pregnant with their first child.

A few months later and still grieving, she gave birth to daughter Katrina.

"They didn't know what to do with a young widow at the hospital, so they put me in a room across the corridor from a mother whose baby was stillborn," said Dr Herbert.

"It made me realise that some young mothers are suffering grief, broken marriages, domestic violence and some had suffered abuse, and they needed more support."

Dr Herbert enrolled in a Bachelor of

Social Work and her long connection to University of Queensland began.

After remarrying and the birth of her second child, Dr Herbert paused her studies to raise her family and went on to have two more children. It was only when Katrina was finishing school that Dr Herbert began her studies again, graduating in 1982 and starting work helping families in crisis.

"In my 50s, when many people were thinking about lessening their workload and perhaps retirement, I was all enthusiastic and just wanted to get going," Dr Herbert said. "And I kept going until I was 81."

Dr Herbert has overcome her own adversities - the loss of her first husband and in 2022 the loss of her second husband who died aged 95. Her son also died suddenly.



Many Australians, fortunate enough to reach the age of 95, might be forgiven for taking life a bit easier. But not Jos Bots. When the anything-but-average nonagenarian is not driving or sailing, he's 300 feet above the earth, paragliding.

**At 95, paraglider pilot
Jos Bots believes in
following his passions**

... The Senior Magazine ... February 11 2025

Jos holds the world record for the oldest unaided paraglider pilot, which he received from the Guinness World Records when he was 93. To qualify, he had to fly for 44 minutes at a height of 300 metres.

But it hasn't been all safe flying. In 2020, Jos crashed into the ocean off North Sydney, injuring himself on rocks and ending up in hospital with minor cuts and bruises. "The landing is always the hardest part," said Jos.

Jos, who lives in North Sydney, does most of his paragliding from Stanwell Park, which is about an hour's drive from his home.

He has long been a bit of a thrill seeker. Before taking up paragliding, he enjoyed hang gliding, and on the day The Senior spoke with him, Jos had just sold an MG car that he'd driven and maintained for more than 60 years.

Jos says his secret to a long life is keeping busy, moving, and following his passions. He tries to eat well and doesn't drink alcohol or coffee as he's allergic to them.

A few years ago, however, Jos had a pacemaker implanted because, he said, while his heart was strong, "the ignition wasn't so good". Pacemakers send electrical pulses to help the heart beat at a normal rhythm.

Heart Research Australia's heart awareness campaign promotes a 4-M approach to heart and brain health (Meals, Movement, Measurement, and Mental Wellness), designed to empower Australians to make lasting changes for their wellbeing.

More than four million Australians are affected by heart disease, but its effects can go beyond the heart with cardiovascular health closely linked to brain health.

More information about Heart Research Australia is available at www.heartresearch.com.au

Committee Member



JUDE SYKES

Course Co-ordinator
Liaison

I came to the Riverland as a primary school teacher.

After retiring I joined U3A with the intention of learning to play

Mahjong. I still haven't achieved that goal because I have participated in and enjoyed many other activities ... Book Club, Sock Knitting, Bridge, Tai Chi and more recently Yoga and Artificial Intelligence at Berri. I guess there's always next year!

Through U3A Riverland I have not only developed new interests and skills in a relaxed, friendly and welcoming environment, but possibly more importantly, I have met and made friends with many fabulous people.

I am currently Course Co-ordinator - Liaison, having joined the Committee in 2024. The task is not nearly as daunting as I originally anticipated and I welcome suggestions from members.

Some interesting statistics for 2024

- 170 members (including 42 new members and 27 founding members)
- Average age 73.5 years
- Youngest member 54 years
- Oldest member 98 years
- 92 members from Renmark, Paringa, Lyrup (54%)
- 64 members from Berri, Barmera, Glossop, Monash, Winkie (38%)
- 12 members from Loxton, KOM, New Residence (7%)
- 1 member from Waikerie (0.5%)
- 1 member from Nuriootpa (0.5%)

Revamped Library

Our library is once again a welcoming space. Come and see what we have on our bookshelves. Maybe just sit and have a cuppa or chat with "Tilly" ... she's been reading the same book for a long time.

Remember there are also jigsaw puzzles you can borrow. Enjoy the space.

WALK SLOWLY

*Danna Faulds
Mindfulness Association*

It only takes a reminder to breathe, a moment to be still, and just like that, something in me settles, softens, makes space for imperfection. The harsh voice of judgment drops to a whisper and I remember again that life isn't a relay race; that we will all cross the finish line; that waking up to life is what we were born for. As many times as I forget, catch myself charging forward without even knowing where I'm going, that many times I can make the choice to stop, to breathe, and be, and walk slowly into the mystery.



KNITTING, CROCHET & NEEDLEWORK GROUP

Anne Menzel

The U3A Knitting, Crochet and Needlework group is a very happy, chatty, fun group that gathers fortnightly at the Big River Tavern in Berri, for a wonderful Wednesday afternoon of craft, chat, gossip, coffee, wine and exchange of ideas and skills.

We all work on our own projects which often draw admiration from visitors to our little "corner" of the Tavern. It is amazing what is created. We make anything from

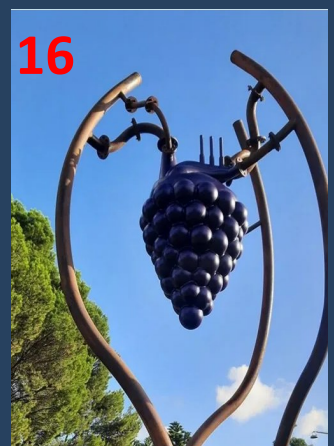
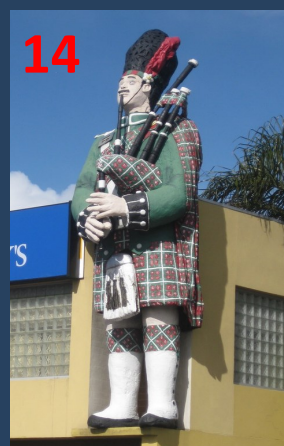
children's jumpers for charity, poppies for Anzac Day displays, trauma teddies, beanies for new born babies, knee rugs, socks and even garments for ourselves.

Although there is no formal tuition, whenever we run into problems with our own projects there is always someone who can show us how to do it or suggest a solution to our quandary.

We welcome both beginners and experienced "crafters". If you'd like to join us, please contact Theresa Andrew on 0417 454 963 for additional information.



Quiz: South Australia's BIG things ... Where are they?



1: Big Lobster—Kingston SE 2: Australian Farmer—Wudinna 3: Big Rocking Horse—Gumeracha 4: Big Cherries—Pages Flat 5: Big Galah—Kimba 6: Big Hat—Cradock 7: Big Kangaroo—SA/WA border 8: Big Ant—Poochera 9: Big Goanna—Coober Pedy 10: Big Wombat—near Bookable 11: Big Oyster—Ceduna 12: Big Hills Hoist—Lonsdale 13: Map the Miner—Kapunda 14: Big Scotsman—Medindie 15: Big Olive—Talliem Bend 16: Big Grapes—McLaren Vale