

Who could ever have predicted the huge amount of interest shown in U3A Riverland. Recently our Treasurer, Shirley Sims, wrote out a membership receipt for our **100th member**, Mr Jimmy Nielsen. His wife, Maureen is member number 99. We now have 108 members - an amazing achievement considering we only held our public meeting on November 20th last year.

Of course that means there are 100+ people hoping to get involved in some sort of learning. That can only happen if sufficient tutors (presenters or facilitators) offer to run courses. As we are a member-based organisation, we really need members to consider what they can offer.

I ask each of you to answer this simple question "What skills, knowledge or talents do you have that you could share with others?" Go on, take a piece of paper and write your list. Don't trivialise your skills or talents—you may well have knowledge that someone else would love to acquire.

You do NOT have to be an experienced teacher to offer your services. Be brave and put your hand up. If you are a little nervous about taking the plunge there are a number of experienced trainers within our organisation. Rest assured that they will support you through the process. So .... what are you waiting for?

Many thanks to those tutors who have already begun their courses and to those who are programmed to start sometime this term. I hope that you all enjoy the experience of sharing your knowledge.

We might be a fledgling organisation but we're learning to flap our wings in preparation for flight.

*Diana March* (Editor)

## WHAT WE'VE BEEN UP TO

*Reports from tutors*

### PHOTOGRAPHY with Terry Marter

The first photography class is well underway and caters to those who want to take their photography a little more seriously, the subtext being "Ditch the Switch", (ie the Auto switch).

Participants are learning that to take and produce photographs potentially of exhibition quality, THEY need to be in charge, not the camera. Discussions include good/bad composition, point of view (camera position etc), lens choice & effect, and post production enhancement.

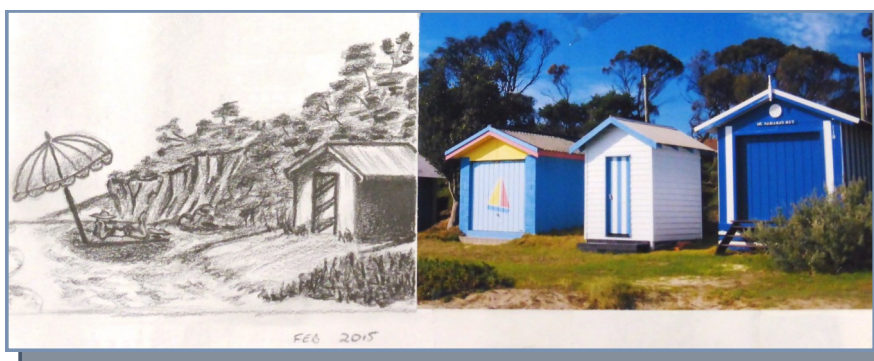
The next course begins in July. If your camera has manual control capability, register your interest via our website.

### SNAPPISH with Diana March

It wasn't long before the participants in this class realised they weren't going fishing, nor were they learning to breed piranhas!

The group of 12 instead learned the art of turning their treasured photographic memories into a personalised photo book. They uploaded their photos, personalised their pages of images and text and gained the satisfaction of creating something special using an online software called Snapfish. What's more they had fun doing it!

Stay tuned for the next course—details will be posted on the website. Numbers are strictly limited.



### ART with Daina Braddock

The art class information session drew such a lot of interest that it became necessary to create two art classes. With 10 students in each, these classes run on Tuesday mornings and Tuesday afternoons.

In order to be able to paint well, it is important to have good drawing skills. As such drawing technique has been the focus for the first part of this term. The second part will further develop these skills before introducing students to painting techniques.

The next intake will be in Term 2 which will coincide with the school term. It is important to register your interest as soon as possible.

### BEGINNERS BRIDGE with Peter Moller

The world's most challenging mental sport, bridge is a game of skill, communication and infinite possibilities. It's part science, part math, part logic, part reason and embodies cooperation, problem-solving and has even been linked to higher test scores among children.

It is an easy game to learn, a hard game to master and you don't have to be an expert to enjoy it. Millions of people worldwide play at home, in clubs or on-line.

Members from Renmark, Berri, Loxton and Ramco Waikerie have been playing mini bridge and will soon progress to bidding.

## Have you seen Grandma?

The computer swallowed grandma  
Yes, honestly it's true  
She pressed 'control' and 'enter'  
And disappeared from view

It devoured her completely  
The thought just makes me squirm  
She must have caught a virus  
Or been eaten by a worm

I've searched through the recycle bin  
And files of every kind  
I've even used the Internet  
But nothing could I find

In desperation, I asked Jeeves  
My searches to refine  
The reply from him was negative  
Not a thing was found 'online'

So, if inside your 'Inbox'  
My Grandma you should see  
Please 'Copy, Scan' and 'Paste' her  
And send her back to me.



HOOKED ON SNAPPFISH



BRIDGE FOR BEGINNERS



ART—DRAWING

## Retirement Lifestyle

<http://www.seniors.asn.au>

Most of us look forward to retirement but how well do we plan for this? As with any change, there is an element of uncertainty.

### Grief and loss of work role

For many people paid employment has been the most important aspect of their lives. Loss of work and work friendships can lead to a loss of self esteem and feelings of self worth. These feelings are normal reactions to retirement. However, the development of other interests can bring enjoyment, mental stimulation, new friendships, and increased self-esteem.

### Keep involved

Most of us are social beings so keeping involved in meaningful activities with individuals and groups is vital to your well-being. It is important that you:

- are involved in activities with people whose company you enjoy
- derive satisfaction from these activities
- mix with people of various ages and backgrounds
- seek new challenges by trying new activities or learning new skills
- consider carefully the social aspect of your life as it is an important component of a retirement lifestyle.

### Volunteering

A positive activity that retired people may wish to consider is becoming involved in their community as a volunteer—the value it adds to retirement living cannot be underestimated. Opportunities include joining others in re-vegetating areas of native bush land; as members on local management committees; working as tutors for literacy programs or for University of the Third Age or as guides at the Zoo, Museum, or Art Gallery. Well-known areas of volunteering are Meals on Wheels, hospitals, Red Cross, etc. **Volunteering SA** (tel. 8221 7177) has a list of over 500 organisations involving volunteers.

### Be active!

Regular physical activity is necessary for a full and healthy lifestyle. People too readily accept that ageing implies getting slower, putting on weight, becoming mobile and having blood pressure problems. Decline is due more to physical disuse than ageing and this can lead to a loss of independence and a substantial loss of quality in your retirement lifestyle. Decide what sort of exercise you like doing: swimming, cycling, fitness classes, tai chi, gardening. For many older people the easiest, safest choice is walking.

### Enjoy healthy eating!

Good food habits are an important part of a healthy lifestyle. It is important to select foods which you will enjoy and which will provide you with all the energy and nutrients needed for good health.

Eat a variety of foods from the five food groups. Reducing your salt intake may help your blood pressure - use other flavourings instead, e.g. herbs and spices. Be aware that many processed foods such as sausages, luncheon meats, pastas, sauces and takeaway foods include high salt levels. Check labels and avoid foods with high salt content.

If you drink alcohol consume only small amounts (1 or 2 standard drinks, 3 or 4 days weekly). Drinking 8 glasses of water (2 litres) should be a daily habit.

### Relationships

Developing or restoring close personal relationships is an important part of life in retirement. Whether or not your partner has worked away from home or has been retired for some time it is important to be aware of his or her needs and current lifestyle. Your partner may not welcome demands on their time and space, which has become an established lifestyle pattern. It may be necessary to negotiate time spent together, individual and shared activities, or the household routine.

Other family issues, such as how much time a retiree is prepared to baby-sit grandchildren should be decided at the outset to avoid family conflict. If you live on your own, relationships are also very important. Being part of a community is a vital part of healthy ageing.

### Further education

Retirement opens new and exciting opportunities for learning new skills or improving existing skills. Learning is an enriching, rewarding and challenging experience. The emphasis of "growing old" should be on the "growing" rather than on the "old".

You may choose to undertake study through TAFE or a WEA Adult Education course—many older people are discovering the advantages of using a computer and also exploring the Internet.

The **University of the Third Age (U3A)** is a learning exchange for people over 50 wishing to learn something new in a socially interactive environment. If you cannot access a local branch, **U3A Online** is the world-first virtual University of the Third Age delivering online learning via the Internet. Access courses by visiting [www.u3aonline.org.au](http://www.u3aonline.org.au)