

# U3A MURRAYLANDER

*Promoting lifelong learning and positive ageing*

## Newsletter Semester 1/2023 Edition No.67

**TERM 1: Mon 30th Jan—Fri 14th April (11 weeks)**

**TERM 2: Mon 1st May —Fri 7th July (10 weeks)**



### *From the President – Helen Elix*

As the year of *positive ageing, learning and friendships* within U3A draws to a close, it is time to reflect on the year that was with gratitude. Ultimately, we all aim to stay active - mentally, physically, and socially with the opportunities U3A offers, and within our day to day lives.



We know that *our health is our wealth*. For some members this year, their personal health has been a challenge. Some have passed away, or have lost their spouse or a family member. I have witnessed the U3A family supporting one another through these times – that is what family members do!

Leadership is key to any organisation and U3A is no exception. The U3A management committee this year has flourished with the most new members nominated in any given year. The willingness to learn, the enthusiasm, character and skill sets has been phenomenal. Thank you!

A very special thank you to our tutors, leaders and helpers – we do not have a U3A without you. As humble volunteers, you lead with an abundance of energy, knowledge, skills and expertise, generosity of your time, preparing and sharing with fellow members. It has been appreciated.

I acknowledge the leadership of U3A South Australia Executive team, our parent body. The introduction of U3A SA Statewide is well worth exploring. This online learning platform via Zoom, provides free courses (refer page 9), from volunteers within U3As.

We continue to enjoy positive relationships with the White Park Management Committee, and staff at the Rural City of Murray Bridge - these are important connections.

Milestones achieved during 2022 include, a new website, special thanks to webmaster Jill Sullivan and input from committee members, a successful Get Online Week BBQ lunch and Tech Talk event offering free training, a new Teardrop Banner, the option of using a credit card at the U3A Office to name a few.

Another important milestone at the upcoming AGM 2023, is the retirement of Jean Filmer as Program Coordinator and as a member of the management committee. Jean has held many positions on the committee since 2009. Jean's contribution has been outstanding, and we all wish her well in the future. Thank you, Jean!

To our 300 plus members, thank you for your cooperation and patience during challenging times. We aim to continue to provide a variety of courses and activities of interest. Remember that continuous improvement involves all of us - know that your feedback is valued.

I encourage you to consider being part of the U3A leadership team for 2023. Do not wait for a tap on the shoulder. Instead ask questions about how you and your skill sets can make a positive difference.

It has been an absolute privilege and pleasure to serve as President during the past 12 months. Thank you for your support. On behalf of the U3A Murraylands management committee, we wish you and your family a Merry Christmas, good health and happiness for the New Year. *Helen*

### CONTACT DETAILS

#### Postal Address:

U3A Murraylands,  
Box 1664, Murray Bridge 5253

**Phone: 0413 704 951**

**Email: U3AML5@gmail.com**

**Website: [www.u3amurraylands.net](http://www.u3amurraylands.net)**

**OFFICE: White Park Community Clubrooms**

**19 Mulgundawah Road, Murray Bridge**

**Thursdays 10am—12 noon**



<https://www.facebook.com/u3amurraylands/>

### OFFICE BEARERS

#### President:

Helen Elix M: 0410 510 280

#### Vice President:

Wendy Osborne M: 0438 447 278

#### Secretary:

Mary Norris M: 0439 844 865

#### Treasurer:

Wanda Hopkins M: 0451 541 239

#### Program Co-ordinator:

Jean Filmer M: 0417 816 880

U3A Mobile M: 0413 704 951

### COMMITTEE MEMBERS

Bob England M: 0438 323 084

Pam Luke M: 0428 813 331

Mary Evans M: 0448 181 971

Margaret Davidson M: 0412 272 103

Pat Nuske M: 0428 215 279

Jan McNeil M: 0428 788 032

Chris Harvey M: 0428 865 862

### Newsletter Editors:

Pat Nuske M: 0428 215 279

Helen Elix M: 0410 510 280

### Website:

Jill Sullivan M: 0418 815 642

*U3A is a learning co-operative of 'third age' people (people who are over 50 years and no longer working full time or are retired). It is a self help and non-profit organisation that encourages a positive approach to ageing by enhancing self esteem and independence and by sharing experiences including educational, creative and leisure activities.*

## ANNUAL GENERAL MEETING

All Welcome



**Friday February 17<sup>th</sup> at 1.30pm**

### Reports

**All positions declared vacant  
Election of Office Bearers & Committee members**

### Guest speaker:

**Tony Vaughan, CEO Royal Flying Doctor Service**

**Followed by afternoon tea.**

**Nomination forms have been included with this Newsletter**

**Enquiries: Jean Filmer 0413 704 951**

## SOCIAL MEDIA, COMPUTING, TECHNOLOGY, PHOTOGRAPHY

### SOCIAL MEDIA—FACEBOOK

#### FACE TO FACE CLASSES

Contact Helen in advance if you have specific skills you are struggling with.

BYO: Laptop, Tablet, iPad, Mobiles, charging cords, Login and all passwords. A lot of the course is on mobile phone.

**Tutor:** Helen Elix Mob: 0410 510 280

**T 2:** Fri. May 5<sup>th</sup> Beginners (max 10)

**T 2:** Fri May 12<sup>th</sup> Advance (max 10)

**Time:** 2.00pm—4pm

**Venue:** White Park Main Hall TV Area

**Cost:** \$2 per session

#### EMAIL TIPS & TRICKS

Learn how to use Gmail with tips & tricks for beginners and those wanting to learn more. Follow up classes depending on level of interest. Contact Helen in advance if you have specific skills you are struggling with. BYO: Laptop, Tablet, iPad, Mobiles, charging cords, Login and passwords if you already have a Gmail account.

**Tutor:** Helen Elix Mob: 0410 510 280

**T 1:** Frid. March 31<sup>st</sup> (max 10)

**Time:** 2.00pm—4pm

**Venue:** White Park Main Hall TV Area

**Cost:** \$2 per session

### APPLE IPHONE / IPAD

NEW

Maximise your skills with your Apple iPhone &/or iPad. Extend your use and customise settings. Bring your phone/ Tablet fully charged.

**Leader :** Rob Andrews

**Dates:** T 2: Tues. May 1<sup>st</sup> Weekly class

**Time:** 10.00am-12noon

**Venue:** White Park Community Clubrooms  
Main Hall TV end.

**Cost:** \$2 per session

As this is a new class, please enrol early and more information will follow prior to the class starting.

For more Information, please contact the Program Coordinator. Mob: 0413 704 951

### ANDROID PHONE-TABLET

Know your Android phone/ Tablet. Extend your use and customise settings. Bring your phone/Tablet fully charged.

**Tutor :** Claudia Schiek Mob: 0437 056 333

**Dates:** T 1: Thurs. Feb 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>

T 2: Not offered.

**Subject:** Phone 1.30- 2.30pm Tablet 3- 4.00pm

**Venue:** White Park Community Clubrooms

**Cost:** \$2 per session

### BE CONNECTED Training

A follow up to get On Line day - Increase your confidence, skills and online safety using digital technology – step by step using the “ Be Connected Learning Portal, Q & A. Contact Helen in advance if you have specific skills you would like to learn more of.

**Tutor:** Helen Elix Mob: 0410 510 280

**Assistant:** Pat Nuske Mob: 0428 215 279

**T 1:** Frid. March 24<sup>th</sup> (max 10)

**Time:** 2.00pm—4pm

**Venue:** White Park Main Hall TV Area

**Cost:** \$2 per session

Bring Mobile ( Android/Apple devices fully charged, leads/ cords. Login & Password details .

### DIGITAL PHOTOGRAPHY ENHANCEMENT

**Specifically for those wishing to restore Photos.**

**Minimum of 3 enrolments to proceed**

**Tutor:** Barry Stacey Ph: 8532 2209

**Assistant** Pat Nuske Mob: 0428 215 279

**T1:** Tues Feb 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**T2:** Not Offered

**Time:** 10am to 12 noon

**Venue:** White Park Community Clubrooms

**Cost:** \$2.00

Bring your Laptop loaded with Photoshop version 18 or above. Not suitable for Tablets or iPads.

## ARTS & CRAFTS

### WRITING FOR PLEASURE

#### (YEARLY Enrolment)

New members welcome

*Put pen to paper and create a story or verse.*

*Discussion and plenty of laughs!*

**Leader:** Paul Crook Mob: 0424 719 475

**Date:** T1: Wed, Feb 1<sup>st</sup> (fortnightly)

T2: Wed, May 3<sup>rd</sup> (fortnightly)

**Time:** 10.00am – 12md

**Venue:** White Park Community Clubrooms

**Cost:** \$2 per session



### ART FOR PLEASURE

#### (YEARLY Enrolment)

*Drawing, painting, watercolours or acrylic? This is a friendly gathering, and help is offered to beginners. Maximum 12*

**Leader:** Graham Peake Mob: 0409 016 677

**Assistants:** Wendy Osborne Mob: 0438 447 278

**Date:** T1: Wed, Feb 8<sup>th</sup> (fortnightly)

T2: Wed, May 10<sup>th</sup> (fortnightly)

**Time:** 9:30am – 12md

**Venue:** White Park Community Clubrooms

**Cost:** \$2 per session

**Note:** If you have questions please contact Graham via Email: peakes@internode.on.net



**CARD MAKING** *This term we will be making a variety of cards. Please bring your own scissors, pencil and cutters.*

**Leader:** Ann Carter Mob: 0457 193 790

**Assistant:** Maggie Davidson Mob: 0412 272 103

**Date:** T1: Tues, Jan 31<sup>st</sup> (fortnightly)

T2: Tues, May 2<sup>nd</sup> (fortnightly)

**Time:** 1.00pm – 3.00pm

**Venue:** White Park Community Clubrooms

**Cost:** \$2.00 plus \$5 for Card Kit supplied.



## GENEALOGY

### GENEALOGY

**(Yearly Enrolment)** *Research your family tree using Ancestry, Trove and other online resources.*

**Leaders:** Sheila Lewis Mob: 0427 398 394

Edith Snell Ph: 8572 7353

**Date:** T1: Mon, Jan. 30<sup>th</sup> (weekly)

T2: Mon, May 1<sup>st</sup> (weekly)

**Time:** 10am – 12 md

**Venue:** White Park Community Clubrooms

**Cost:** \$2 per session.



## ONLINE LEARNING WITH U3A SA

Members interested in FREE online courses via Zoom, are encouraged to visit:

**u3asouthaustralia.org.au** and search under the tab 'STATEWIDE ONLINE'. Note some of these courses are not offered by U3A Murraylands. Need help with enrolment or have questions? **Enquiries:** Helen Elix M: 0410 510 280

## MUSIC

### KEYBOARD

#### (YEARLY Enrolment)

**Tutor:** Jo Leach Mob: 0412 761 846

**Date:** T1: Wed, Feb 1<sup>st</sup> (fortnightly)

T2: Wed, May 3<sup>rd</sup> (fortnightly)

**Time:** 12.30 pm – 2.30 pm

**Venue:** White Park Community Clubrooms

**Cost:** \$2.00

Supply your own music, keyboard, keyboard stand and earphones. Contact Jo to discuss.



## DATES FOR YOUR DIARY

### SEMESTER 1/ 2023

**Term 1** Mon, 30<sup>th</sup> Jan—Fri 14<sup>th</sup> April (11 weeks)  
**School Holidays** Mon, 17<sup>th</sup> April—Fri, 28<sup>th</sup> April.

**Term 2** Mon, 1<sup>st</sup> May—Fri, 7<sup>th</sup> Jul (10 weeks)  
**School Holidays** Mon, 10<sup>th</sup> Jul—Fri 21<sup>st</sup> Jul 2023

#### PUBLIC HOLIDAYS:

Monday 13<sup>th</sup> May

Adelaide Day

Friday 7<sup>th</sup> April

Easter Good Friday

Monday 12<sup>th</sup> June

King's Birthday

## ACTIVITY VENUES

**White Park Community Clubrooms**

19 Mulgundawah Road, Murray Bridge

**Murray Mallee Aged Care**

2A Myall Avenue, Murray Bridge

**Ken Wells Pavilion**—Murray Bridge Showgrounds

**Croquet Club** Thomas St, Murray Bridge

**Murray Bridge Bowling Club** (Cnr Thomas St. & Adelaide Rd)

**Murray Bridge Public Library-Marketplace**

**Lutheran Church Hall**, Schenscher Road, Monarto



## MUSIC (Cont)

### UKULELE—BRIDGE STRUMMERS

#### (YEARLY Enrolment)

Enjoy singing and playing a varied selection of songs. Playing for pleasure.



**Leader:** Sandra Sims Mob: 0422 041 799  
**Assistant:** Jean Filmer Mob: 0417 816 880  
**Dates:** T1: Mon, Jan 30<sup>th</sup> (weekly)  
 T2: Mon, May 8<sup>th</sup> (weekly)  
**Time:** 1pm—3pm  
**Venue:** White Park Community (Main Room)  
**Cost:** \$2.00

### VOCALIZE - SINGING GROUP

(YEARLY Enrolment) Singing in groups improves our sense of happiness and well being, as well as a sense of community and belonging.

**Date:** T1: Tues, Jan 31<sup>st</sup> (weekly)  
 T2: Tues, May 2<sup>nd</sup> (weekly)  
**Leader:** Coralie Mattner Mob: 0473 371 361  
**Assistant:** Peter Geue Ph: 8532 6659  
**Venue:** White Park Community Clubrooms  
**Time:** 1:30—3:00pm  
**Cost:** \$2.00



## COST of Membership 2022

Member renewals are \$20 per calendar year  
 (1<sup>st</sup> January to 31<sup>st</sup> December)

Renewals are due before the start of Term 1

**Monday, 30<sup>th</sup> January 2023**

New members pay \$20 to become a member anytime from 1<sup>st</sup> January to 30<sup>th</sup> June, OR \$10 anytime from 1<sup>st</sup> July to 31<sup>st</sup> December i.e., the second half of the year.

### Details for ONLINE Payments

**ACCOUNT: UNIVERSITY of the THIRD AGE ML**

**BSB: 015-665**

**ACCOUNT NO. : 4982-52407**

Include name and reason for payment.

Please also send a brief Email: 'Attention Treasurer' E: u3amltreas@outlook.com regarding details of payment. Thank you!

## STRETCH THE BRAIN

### RUMMIKIN TILE & CARD GAME

#### (YEARLY Enrolment)

Join our friendly group to play, beginners are welcome.

**Facilitator:** Kerry Davis Mob: 0407 719 37  
**Date:** T1: Mon, Feb 6<sup>th</sup> (fortnightly)  
 T2: Mon, May 1<sup>st</sup> (fortnightly)  
**Time:** 1.00pm – 3.00pm  
**Venue:** White Park Community Clubrooms  
**Cost:** \$2.00

### MAHJONG

#### (YEARLY Enrolment)

*Note: New players to begin at commencement of the Semester 1 (only) in February.*

Please arrive 10 minutes prior to starting time.

**Facilitator:** Annette Nelson Mob: 0417 823 988  
**Helpers:** Victoria Bamford & Julie Briggs  
**Date:** T1: Wed, Feb. 8<sup>th</sup> (fortnightly)  
 T2: Wed, May 10<sup>th</sup> (fortnightly)  
**Time:** 1.00pm – 4.00pm  
**Venue:** White Park Community Clubrooms  
**Cost:** \$2.00



### SCRABBLE

#### (YEARLY Enrolment)

An afternoon of fun with words.

Consider joining the scrabble group.

**Facilitator:** Jan Menz Mob: 0407 790 146  
**Assistant:** Faye Campbell Mob: 0417 081 236  
**Date:** T1: Wed, Feb 1<sup>st</sup> (fortnightly)  
 T2: Wed, May 3<sup>rd</sup> (fortnightly)  
**Time:** 1.00pm – 4.00pm  
**Venue:** White Park Community Clubrooms  
**Cost:** \$2.00



### 500 CARD GAME

#### (YEARLY Enrolment)

Interested in playing 500?

Beginners welcome

**Facilitator:** Pam Arbon M: 0438 288 121  
**Assistant:** Ken Carter Ph: 8532 3948  
**Date:** T1: Thur, Feb 2<sup>nd</sup> (fortnightly)  
 T2: Thur, May 3<sup>rd</sup> (fortnightly)  
**Time:** 1.30pm – 3.30pm  
**Venue:** White Park Community Clubrooms  
**Cost:** \$2.00



## BOOK DISCUSSION GROUPS

### 1ST WEDNESDAY—MORNING COFFEE & BOOK DISCUSSION GROUP (YEARLY Enrolment)

*Starting with tea or coffee. Do you enjoy reading? In an informal way we discuss popular and not so popular books—based on the book we all read for the month.*

*Our views often differ, this however broadens our horizons when it comes to other peoples lives and cultures. Come and join us.*



#### First Wednesday of each month

**Leader:** Helen Clarke Mob: 0407 727 119  
**Assistant:** Erica Hammond Mob: 0432 351 316  
**Dates:** Wed, Feb 1<sup>st</sup>, Mar 1<sup>st</sup>, Apr 5<sup>th</sup>, May 3<sup>rd</sup>, June 7<sup>th</sup>, July 5<sup>th</sup>,  
**Time:** 10.00am – 11.30am  
**Venue:** Murray Mallee Aged Care, Myall Ave, Murray Bridge  
**Cost:** \$2.00 per session.



### FIRST WEDNESDAY BOOK CLUB

#### (YEARLY Enrolment)

A Library Group, sponsored by friends of the Library. U3A members are welcome to attend, lively discussion of fiction and nonfiction. First Wednesday of each month.

**Facilitator:** Peggy Bennett Ph. 8532 3429  
**Date:** Wed, Feb 1<sup>st</sup>, Mar 1<sup>st</sup>, Apr 5<sup>th</sup>, May 3<sup>rd</sup>, June 7<sup>th</sup>, July 5<sup>th</sup>, Monthly  
**Time:** 1.00—3pm  
**Venue:** Murray Bridge Public Library  
**Cost:** Free Session

## SOCIAL INDOOR CARPET BOWLS

A relaxing and enjoyable social game

**Leader:** Yvonne Mach Ph: 8532 6024  
**Facilitator:** Jean Filmer Mob: 0417 816 880  
**Date:** T1: Friday Mar 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>. Will return in Semester 2  
**Time:** 1pm—3pm  
**Venue:** Lutheran Church Hall, Schenscher Rd Monarto  
**Cost:** \$3 per session



## FUN & FITNESS

### INDOOR FITNESS & EXERCISE

#### (YEARLY Enrolment)

*"Balance and Bones". Our strength, balance and co-ordination programme is for everyone. We follow a recommended DVD developed by U3A Network NSW. **BYO own weight (500 gram or 1 kg) & ball.***

One session per week/per member. Decide on a Tuesday **OR** a Friday. If you need to switch days, please contact your Leader.

**Note: 'All participants to complete a 'Screening Questionnaire'**

#### TUESDAY CLASS

**Leader:** Debbie Griffiths Mob: 0448 956 606  
**Assistant:** Thelm White Mob: 0430 483 560  
**Dates:** T1: Tues, Jan 31<sup>st</sup> (weekly)  
T2: Tues, May 2<sup>nd</sup> (weekly)

#### FRIDAY CLASS

**Leader:** Keryl Kiel Mob: 0417 858 921  
**Assistant:** Jean Filmer Mob: 0417 816 880  
**Dates:** T1: Fri, Feb 3<sup>rd</sup> (weekly)  
T2: Fri, May 5<sup>th</sup> (weekly)  
**Time:** 9.00am – 10.00am  
**Venue:** White Park Community Clubrooms  
**Cost:** \$2.00 per session

### WALKING WITH GRAHAM

#### (YEARLY Enrolment)



*Please wear comfortable shoes, dress for the weather, bring a light snack, drinking water & wear name tags.*

*Walking will commence subject to suitable weather. Graham will notify us of destinations.*

**Contact:** Margaret Davidson Mob: 0412 272 103  
**Dates:** T1: Fri, March 10<sup>th</sup> (fortnightly)  
T2: Fri, May 5<sup>th</sup> (fortnightly)  
**Times:** 9:00am depart MB Railway Station  
**Locations:** To be confirmed  
**Cost:** Nil

### TABLE TENNIS

Keep fit with Table Tennis

Please Enrol each Semester

**Facilitator:** Rob Hancock Mob: 0439 802 209  
**Helper:** Barry Griffiths Mob: 0418 708 010  
**Date:** T1: Wed, Feb 15<sup>th</sup>, 22<sup>nd</sup>, Mar 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>,  
T2: Wed, May 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> Jun 7<sup>th</sup>, 14<sup>th</sup>  
**Time:** 9.30am – 11.30am  
**Venue:** Ken Wells Pavilion MB Showgrounds  
**Cost:** \$3.00



# ACTIVITIES & SPECIAL EVENTS—TERM 1 2023

## CROQUET 'Come & Try—TERM 1

The Murray Bridge Croquet Club are offering U3A members an opportunity to play Croquet. Refer below for four sessions offered.



**Contact:** Keryl Kiel M: 0417 858 921  
**Date:** T1: Thur, Feb 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & March 2<sup>nd</sup>  
**Times:** 9:15am for 9:30am start  
**Venue:** Croquet Club  
 Cnr Thomas St & Short St, Murray Bridge  
**Cost:** \$20 for 4 sessions, or \$5 per session. Pay on the day at the Croquet Club.  
 Morning Tea will be offered on the final day.  
 Please wear closed shoes.

## PISTOL SHOOTING—TERM 1

The Toora Pistol Club are offering U3A members an opportunity to try Pistol Shooting at their club rooms. If you have previously won a trophy, you will not be eligible to win a trophy a second time. ALL WELCOME. Sponsored by Jerry Wilson Mob: 0401 697 138

**Date:** T1: Saturday Date 1<sup>st</sup> April 2023  
**Times:** 10:00am to 11:30am  
**Venue:** Toora Pistol Club. Meet at Murray Bridge Railway Station carpark 9.30am, car pooling.  
**Cost:** \$2.00

## FILM APPRECIATION

**Film:** Pam Luke will keep those who enrol informed on what films become available and when, at the Cameo Cinema or Mt Barker.



**Date:** TBA  
**Contact:** Pam Luke Ph: 0428 813 331

## COFFEE AND CHAT Term 1

1924 Tavern for up to 40 people



A chance to catch up with other members and have a delicious morning tea

**Date :** Monday March 27<sup>th</sup>  
**Time:** 10am  
**Cost:** \$10.00 Please enrol, pay at the office in February 2023  
**Contact:** Wendy Osborne Mob: 0438 447 278

## EXCURSION—TERM 1



### AUSSIE APRICOTS—VINTAGE CARS

Hear Kathy and Paul Prosser's story.  
 Taste their delicious "Aussie Apricots"

**Date:** Thursday, March 9<sup>th</sup>  
**Time:** 10am—11:30am  
**Venue:** Aussie Apricots, Mypolonga  
**Cost:** Sample bag and morning tea \$6.00,  
 Vintage cars \$6.00 Total \$12.00

Enrol now and pay at office in February 2023

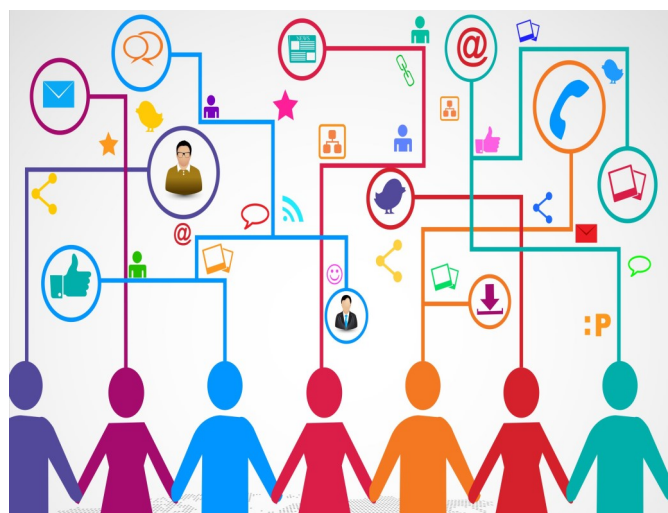
**Meet at Railway station car park at 9.15am for 9.30am departure. Car Sharing.**

**Enquiries Contact:** Wendy Osborne Mob: 0438 447 278

## PAYMENTS FOR SOCIAL EVENTS

Throughout this newsletter you will notice specific times to pay for social events i.e., Term 2, Bus Excursion to 'Freshies Café at Meningie'. Members are requested to pay for this outing, at the Officer or Online in May and not before.

We do not encourage you to pay for these events too soon to minimise the potential for a refund if you are unable to attend.

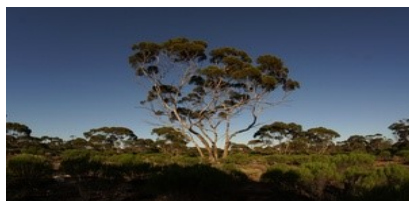




# ACTIVITIES & SPECIAL EVENTS—TERM 2 2023

## GUEST SPEAKERS

**Guests:** **BRETT AND MARIE SMITH**



Brett and Marie Smith, (Conservationists) Off the Grid They have a passion for the preservation

of our natural Environment. Spending the past 10 years restoring and cataloguing both Flora and Fauna on their bush property at Swan Reach which is called

### Ellura Sanctuary

**Date:** **Monday 8<sup>th</sup> May 2023**

**Time:** **11.00-12.00 midday (Please note the different time)**

**Venue:** **White Park Community Clubrooms**

**Cost:** **\$2.00**

**Contact:** **Jan McNeil Mob: 0428 788 032**

## COFFEE AND CHAT—Term 2

**Venue:** **Coffee and Cake at the Parklane Hotel Motel**

**Date:** **Monday 5<sup>th</sup> June**

**Time:** **10am**

**Cost:** **\$8.00 per person.**



**Enrol now, Pay in May 2023 at the office.**

**Enquiries to Pam Luke Mob: 0428 813 331**

## TERM 2 BUS EXCURSION



**VENUE** **Lunch 2 course meal at Freshies Café and bar (formerly the Cheese factory)**

**Meningie craft shop, and tour of places of Interest**

**Date:** Thursday 29<sup>th</sup> June 2023

**Time:** Meet at the Railway Station car park at 9.30am for a 10.00am departure on a MBUSCO bus.

Return to Murray Bridge by 3.00pm

**Cost:** \$50.00

Enrol and you will be notified.

Pay at the office in May 2023

**Contact:** Wendy Osborne Mob: 0438 447 278

## PRUNING WITH KEN—TERM 2

Ever popular pruning demonstration and advice from Ken Wells, sharing his knowledge from many years of experience. Thelm White has kindly offered her fruit trees and Roses.



**Address:** 4 Edith Mary Drive, MB.

**Date:** **Friday 30<sup>th</sup> June**

**Time:** 9.30am commencing with a cuppa.

**Contact:** U3A Mob: 0413 704 951

## UPDATES AND NOTICES

### OPTION TO PAY BY CREDIT CARD

U3A Murraylands can now offer the option of paying by credit card at the Office on Thursdays 10-12 noon. i.e., for social events and membership renewal.

It is not intended for payment of class fees.

If you have any questions please ask at the office.

### PROCESS FOR REFUNDS

Refunds for pre-paid events are to be considered by the committee at regular monthly meetings, based on information on a 'Refund Request' form. We therefore seek your cooperation and support. Please refer to page 9 for all the details about the 'Process for Refunds'.

### RENT FOR CLASS AREA & INSURANCE

**Rent for Class Area:** U3A Murraylands operate under a 'user pay system' i.e., \$2 to attend U3A Vocalize. This small fee helps U3A pay rent for each area at White Park. When classes are held at venues other than White Park the above does not apply.

Note that fees for classes not held at White Park are set by that particular organisation i.e., Table Tennis, Carpet & Lawn Bowls, Croquet.

**Insurance:** U3A pay U3A SA (our peak body), \$2 per member annually to cover Public Liability insurance. Public Liability does not cover Ambulance transport, which remains the responsibility of the individual.

Members of the committee, tutors and leaders are also covered by the 'Volunteer Workers Insurance'. Detailed information about this cover can be found at the website below.

<https://u3asouthaustralia.org.au/insurance-documents/>

## UPDATES AND REMINDERS

### OFFICE CLOSURE & RE-OPENING

The U3A office will be closed on  
December 22nd and 29th 2022  
Reopening, January 5th 2023

### ENROLMENT DEADLINE SEMESTER 1/2023

All enrolments for Semester 1 to be  
received at the office on or before  
Thursday, 19th January, 2023.

### IMPORTANT REMINDER

Please wear your **NAME TAG** to all courses and activities. Ensure the Emergency Contact details on the back are current. Need a replacement? Call the U3A mobile on 0413 704 951.

<p><b>John Smith</b></p> 	<p><b>EMERGENCY CONTACT</b></p> <p>(Name &amp; Phone number)</p> <p><b>DOCTOR</b></p> <p>(Name &amp; Phone number)</p> <p><b>ALLERGIES or MEDICAL CONDITIONS</b></p> <p><i>Please wear your name tag to classes/events.</i></p>
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### PLEASE NOTE

- Remember to advise your Tutor or Course Leader if you are **unable to attend a class** that you have enrolled in.
- If your **contact details** have changed, contact the Program Coordinator.
- U3A **Newsletters, Membership and Enrolment Forms** are available at the Office, 19 Mulgundawah Road, Murray Bridge, Thursdays 10am-12noon OR on the website: <https://www.u3amurraylands.net/>

If you have any questions  
please phone U3A M: 0413 704 951

### REMINDER—CLASS FEES

Members are reminded to pay the correct fee for classes and events that they attend each time. We endeavour to keep these costs to a minimum on a 'user pays' basis.

### YEARLY ENROLMENTS

Throughout this Newsletter you will notice 'Yearly Enrolments' mentioned. **What does this mean?**

Some courses and activities will now only require enrolment on a yearly basis i.e., Term 1 of any given year. Refer to the list below.

If you enrolled in any of the courses or activities listed below during Term 1 or 2 (Semester 1), you **DO NOT** need to re-enrol for Term 3 or 4 (Semester 2), for the remainder of 2023.

### REMEMBER to re-enrol in Term 1/2024

It has been decided that 'Yearly Enrolments' will continue in 2023. This should reduce the amount of paperwork for those enrolling and the coordination of courses and activities.

**Please make sure you have all the dates and times in your diary for all courses and activities you have enrolled in.**

If you have questions please do not hesitate to contact the Program Coordinator M: 0413 704 951, or ask at the Office on a Thursday morning from 10am-12 noon.

### Yearly Enrolments

Art for Pleasure	Genealogy
Book Groups	Rummikin—Tile Game
Cards—500	Scrabble
Fitness (Tues & Frid)	Ukulele-Bridge Strummers
Keyboard	Vocalize-Singing Group
Mahjong	Writing for Pleasure

### THANK YOU



*Thank you!*



**Printing done by  
the Office of Tony Pasin MP  
Federal Member for Barker**



## **U3A SA 'STATEWIDE ONLINE' - current courses on offer**

The courses listed below are available by visiting <https://u3asouthaustralia.org.au/>

Contact Helen Elix M: 0410 510 280 for more information.

BIOGRAPHIES (four well known Australian Prime Ministers)	SCIENCE (life and work of Sir Charles Todd)
GEOLOGY ('Our Restless Earth')	CLIMATE INFORMATION INSPIRING ACTION
FRENCH 2 (master key phrases and structures)	ITALIAN CONVERSATION (people, country and customs)
PHILOSOPHY (an interactive course)	MOVING FORWARD POSITIVELY
WRITING CRITIQUE GROUP	WORDPRESS WORKSHOP

## **PROCESS FOR REFUNDS**

U3A social events such as excursions usually involve a cost for members. U3A offers these programs providing value for money with as much flexibility as possible. If a refund is sought members must be aware that some venues require a commitment to agreed numbers.

Refunds for pre-paid events will now be considered by the committee at regular monthly meetings, based on information on a 'Refund Request' form. We therefore seek your cooperation and support as we trial a simple process that aims to be fair to all.

Members are required to complete a 'Refund Request' form. These forms can be collected at the Office, on the White Park Notice Board, or downloaded on the U3A website: <https://www.u3amurraylands.net/more-about-us> 'Refund Request' forms can be returned to the office (during office hours), or placed in the White Box in the front room during regular classes.

The 'Refund Request' form provides 3 options:

1. Cheque refund to be collected at Office
2. Bank refund (BSB & Account Number required)
3. No refund required

'Refund Requests' will become an Agenda item at committee meetings. The U3A Treasurer will be the contact person following committee approval. This is a trial and will be reviewed based on feedback.

## **SEMESTER 1—2023**

<b>COURSES I HAVE ENROLLED IN—SEMESTER 1</b>	<b>VENUE</b>	<b>DAY / DATE</b>	<b>TIME/S</b>

## **IMPORTANT NOTES**

**Refer to your Newsletter for full details of courses and activities.**

There will be **NO REMINDERS** (Emails or Phone calls) for regular classes/activities.

Exceptions may include activities that occur once per term i.e., Coach/Excursions, Coffee N Chat, any cancellations, or details that change.

**Members are advised to keep a record of their enrolment choices, dates, times, locations, tutors contact details etc.**

Tutors will receive an email with a list of participants following enrolment.

Questions and suggestions welcome! Contact Program Coordinator: 0413 704 951

Please remember to sign in for each class and pay the correct fee.

## MEMBER PROFILE— CHRIS HARVEY



‘Short of workers’, they said. ‘Extra benefits for older workers’, they said. This started me thinking about the skills I have acquired over my lifetime of work with various jobs. Surely something would be useful now. The best place to start is usually at the beginning so I’ll start there.

Firstly there was the school holiday job with Coles to earn money towards a school trip while I was in High School. I worked as a shop assistant behind the counter of the nick knock section (the things we now buy wrapped in plastic blister packs that are almost impossible to open). No, these shops don’t exist anymore.

Next a position as a tray waitress delivering breakfast at the local motel on weekends and during school holidays. When they opened a restaurant I graduated to evenings, too. I have used those skills several times during my life, however I don’t think my back, legs or feet are up to it now, so that’s out.

My first job after leaving home was a short time at a bakery, early hours and I burnt the donuts, not my scene.

I was surprised when I gained employment as a checkout operator (called a checkout chick in those days) in the local Foodland store. I became an efficient and effective worker. I used a manual key machine and calculated the change correctly, myself. This is now automated. I carried boxes of goods and stamped them individually with the correct price. Stock had to be rotated and was sold at the marked price regardless of any increase in cost. Machines and computers now do all this, so my skills are redundant.

Although I enjoyed this job, it was cut short by the lifetime career of being a mum. This was learning on the job and flying by the seat of my pants. I learned to be flexible; to get by with little sleep; to budget time and money. To listen and instruct; cook and clean; care and love. All useful skills but not for modern employment.

Later in my ‘stay-at-home mother’ career, I added to the workload by becoming financial manager for our small business and opened a coffee shop with another family member. Add in supplying baked goods for sale in the shop and the work increased considerably. My husband worked away during this period, (3 weeks in the month): so, chief driver and sole parent skills required.

Time for a complete change after this so I went to TAFE and gained a Certificate in Commercial Studies. I learned to touch type then computers appeared on the scene. More skills to learn, but I was having fun along the way. Next came a position at a toy library, managing the database, equipment and loans, providing for Special Needs children in schools. Using these skills I gained a job as a School Services Officer in a Primary school, working with students with Special Needs and classroom support. Schools being the dynamic places they are, many more skills and jobs were added to my repertoire.

I had found my niche, however, and wanting to do the job I had always dreamed of, I decided to apply to study for teaching. I gained a place and the life of a mature-aged University student followed. This needed study skills (long gone) assignment writing skills (even further gone), time management, financial budgeting and exams. I graduated and worked as a primary school teacher and school librarian before retiring.

Retirement has added another layer of complexity to my skill base, allowing time for volunteering, embroidery, reading and dabbling in sketching and painting. Following this review of my working life I think there is only one position that I will consider, and that is ‘Wonder woman’, however I have yet to see this advertised.

*Chris—U3A Murraylands Committee Member*