

U3A MURRAYLANDER

Promoting lifelong learning and positive ageing

Newsletter Semester 2/2023 Edition No.68

TERM 3: Mon 24th Jul — Fri 29th Sept (10 weeks)

TERM 4: Mon 16th Oct — Fri 15th Dec (9 weeks)



From the President – Helen Elix

A warm welcome to all members, we hope you have enjoyed Semester I, and now looking forward to Semester II. U3A Membership is currently 320, with 233 female and 87 male members. Some members have had health challenges in recent months, know that the U3A family care and we are thinking of you.



A special request if I may! COVID, coughs, colds, seasonal influenza are lurking. Please do not attend classes if you suspect you are coming down with something. Rest at home instead and seek medical advice. When attending activities at White Park please continue with hand hygiene, cough etiquette and wipe down surfaces with the cleaning products provided. Thank you!

Reflections of Semester 1. The social committee ably assisted by new Program Coordinator Wendy, prepared a variety of enjoyable and successful social events; Aussie Apricots, Coffee N Chat, also guest speakers Brett and Marie Smith from Ellura Sanctuary'. A coach excursion on 29th June to 'Freshies Café' at Meningie, and 'Pruning with Ken' at Thelms, 30th June, concludes our first six months.

On behalf of all members we congratulate U3A leader Ken Wells who was recently awarded the honour of an Order of Australia Medal (OAM). Thank you Ken for your commitment to community, and humble service to others (refer page 7).

I'm confident as you thumb-through this newsletter you will once again discover a variety of courses, activities, and social events of interest. Thank you to Wendy, tutors, leaders, the social committee, editor Pat for putting the newsletter together and Thelms for doing the labels for the newsletter. The support from helpers does not go unnoticed—thank you! What a team effort! Continuous improvement is always on the agenda—we therefore encourage your feedback, suggestions and new ideas to future proof the benefits for members of our U3A.

To Ann Carter, leader of the much-loved and popular 'Card Making' activity, thank you for ten consecutive years. Thank you Ann, its now time for more life adventures, relaxation and time with your Ken.

New leader Rob Andrews has certainly made his mark with the new iPhone and iPad class. Rob is highly skilled in the tech arena, his approach, abundance of patience has become very popular with class members exceeding all expectations. Thank you, Rob.

In closing, a big thank you to all members of the management committee. This proactive team is filled with enthusiasm, respect, accountability, professional skills and life experiences. These qualities benefit our membership. It is an absolute pleasure to be part of U3A Murraylands; to belong, volunteer, serve, enjoy new friendships and interests in a safe friendly environment. Helen

CONTACT DETAILS

Postal Address:

U3A Murraylands
Box 1664, Murray Bridge 5253

Mobile: 0413 704 951

Email: U3AML5@gmail.com

Website: 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:

Pam Luke M: 0428 813 331

Secretary:

Mary Norris M: 0439 844 865

Treasurer:

Pam Morgan M: 0407 395 917

Program Co-ordinator:

Wendy Osborne M: 0438 447 278

U3A Mobile M: 0413 704 951

COMMITTEE MEMBERS

Bob England M: 0438 323 084

Margaret Davidson M: 0412 272 103

Chris Harvey M: 0428 865 862

Lynton Hall M: 0417 827 750

Ruth Hall M: 0402 904 432

Jan McNeil M: 0428 788 032

Pat Nuske M: 0428 215 279

Newsletter Editors:

Pat Nuske M: 0428 215 279

Helen Elix M: 0410 510 280

Website:

Jill Sullivan M: 0418 815 642

Patron:

Alan Arbon OAM M: 0438 288 121

Public Officer:

Toni-Fae Robinson M: 0432 128 981

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.

SOCIAL MEDIA, COMPUTING, TECHNOLOGY, PHOTOGRAPHY

SOCIAL MEDIA—FACEBOOK

Learn about important settings, fun with photos, posts, editing, stories, reels, videos who sees what and more! *Contact Helen in advance if you are struggling with something specific or would like to learn more about.*

BYO: Laptop, Tablet, iPad, Mobiles, charging cords, Login and all passwords. **Maximum 10**

Tutor: Helen Elix Mob: 0410 510 280

T 3: Not offered

T 4: Friday Nov 3rd, 10th & 17th (weekly)

Time: 2pm—4pm

Venue: White Park (Hall TV)

Cost: \$2 per session

EMAIL TIPS & TRICKS

Get the most out of your Gmail? This class is for both beginners and advanced users. *Contact Helen in advance if you are struggling with something specific or would like to learn more about.* BYO: Laptop, Tablet, iPad, Mobiles, charging cords, Login and passwords if you already have a Gmail account. **Maximum 10**

Tutor: Helen Elix Mob: 0410 510 280

Dates: **T 3:** Fri Aug 4th, 18th, Sep 1st (fortnightly)

T 4: Not offered

Time: 2.00pm—4pm

Venue: White Park (Hall TV)

Cost: \$2 per session

APPLE iPhone / iPad

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

Leader : Rob Andrews Mob: 0479 152 534

Dates: **T 3:** Tues. Aug 15th Weekly

T 4: Not offered

Time: 10.30am-12.30pm

Venue: White Park (Hall TV)

Cost: \$2 per session

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

T3: Not Offered

T4: Tues Oct 17th, 24th, 31st, Nov 7th

Time: 10am to 12 noon

Venue: White Park (Front Room)

Cost: \$2.00

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

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 3: Not offered**

T 4: Thurs. Nov 23rd, 30th, Dec 7th

Subject: **Phone** 1.30-2.30pm

Tablet 3-4.00pm

Venue: **White Park (Hall TV)**

Cost: **\$2 per session**

'GET ONLINE WEEK'

FREE EVENT

Thursday, 19th October, 2023

11:30am—3:30pm White Park

FREE BBQ Lunch followed by a fun digital skills afternoon, a free ticket and prizes to be won. 'Confidence with technology'. All welcome!

An annual event offered free to U3A members through a community grant. A fun afternoon—improve your digital skills and confidence step by step. BYO: Mobile, Tablet or iPad, fully charged, & passwords. **Must enrol for catering & seating.**

Contact Helen if you have any questions.

Leader: Helen Elix M: 0410 510 280

EXPRESSIONS OF INTEREST



Thank you to our U3A Murraylands tutors and leaders who continue to offer a variety of courses and activities.

If you or someone you know might be interested in volunteering as a tutor, please contact Wendy the Program Coordinator for a chat and more information. M: 0413 704 951.

TUTORS & LEADERS FORUM—Term 4

All tutors, leaders and helpers are invited to attend and participate in this annual forum. Take the opportunity to meet leaders from other classes, hear important updates, roles and responsibilities, share ideas. The forum is the only opportunity to come together before the end of the year. Our goal is to have 100% attendance. Please enrol and join this exciting forum.

Date: **Thursday October 5th**

Time: 1.30pm-3.30pm followed by afternoon tea.

Contact: Program Co-ordinator Mob: 0413 704 951

Cost: Nil

ARTS & CRAFTS

WRITING FOR PLEASURE New members
(YEARLY Enrolment) welcome

*Put pen to paper and create a story or
verse. Discussion and plenty of laughs!*



Leader: Paul Crook Mob: 0433 736 320

Date: T3: Wed, Jul 26th (fortnightly)

T4: Wed, Oct 18th (fortnightly)

Time: 10.00am – 12md

Venue: White Park (Hall TV)

Cost: \$2 per session

ART FOR PLEASURE *CLASS IS FULL
(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: T3: Wed, Aug 2nd (fortnightly)

T4: Wed, Oct 25th (fortnightly)

Time: 9:30am – 12md

Venue: White Park (Hall, TV)

Cost: \$2 per session

CARD MAKING - EXPRESSION OF INTERST

Card Making is currently in recess.



*Special thanks to Ann Carter for leading this group for
the past 10 years. U3A is looking for a new leader to
continue this much loved activity.*

*Members of Card Making will be contacted by
Wendy, the Program Coordinator as soon as a new
leader is found. Put your thinking caps on if you know
of someone who might be interested. Please let
Wendy know. Thank you!*

GENEALOGY

GENEALOGY *CLASS ALMOST FULL
(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: T3: Mon, Jul. 24th (weekly)

T4: Mon, Oct 16th (weekly)

Time: 10am–12 md

Venue: White Park (Hall, Projector end)

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'. 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: T3: Wed, Jul 26th (fortnightly)

T4: Wed, Oct 18th (fortnightly)

Time: 12.30 pm – 2.30 pm

Venue: White Park (Hall, Projector end)

Cost: \$2.00

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



PAPER FLOWER CRAFT

Members interested in a fun afternoon
with a paper craft activity are invited to
enrol in this class. Enrol early—maximum 15.

Leader: Chris Wilson

Helper: Ann Ratsch

Date: Friday, September 29

Time: 2-4pm

Venue: White park Hall

Cost: \$10

Requirements: If members already have a hot glue
gun & glue sticks please bring them to the class.
Bring two buttons the size of a ten cent or 20 cent
piece. All other materials will be supplied.
Enquiries to Program Coordinator Wendy.



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: T3: Mon, Jul 24th (weekly)
T4: Mon, Oct 16th (weekly)
Time: 1pm—3pm
Venue: White Park (Hall, Projector End)
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: T3: Tues, Jul 25th (weekly)
T4: Tues, Oct 17th (weekly)
Leader: Coralie Mattner Mob: 0473 371 361
Assistant : Peter Geue Ph: 8532 6659
Venue: White Park (Hall, Projector end)
Time: 1:30—3:00pm
Cost: \$2.00



COST of Membership

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

Renewals are due before the start of Term 1 / 2024
Monday, 29th January

New members pay \$20 to become a member anytime from 1st January to 30th June, OR \$10 anytime from 1st July to 31st 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 your 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. A **fortnightly** activity on a **Monday**.

Facilitator: Kerry Davis Mob: 0407 719 373
Date: T3: Mon, Jul 24, Aug 7, 21, Sep 4, 18
T4: Mon, Oct 16, 30, Nov 13, 27, Dec 11
Time: 1.00pm – 3.00pm
Venue: White Park (Front Room or Hall)
Cost: \$2.00

MAHJONG ***CLASS IS FULL**

(YEARLY Enrolment)

Note: New players to begin at commencement of the Semester 1, Term 1 each year.



Please arrive 10 minutes prior to starting time.

Facilitator: Annette Nelson Mob: 0417 823 988
Helpers: Victoria Bamford & Julie Briggs
Date: T3: Wed, Aug. 2nd (fortnightly)
T4: Wed, Oct 25th (fortnightly)
Time: 1.00pm–4.00pm
Venue: White Park (Hall)
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: T3: Wed, Jul 26th (fortnightly)
T4: Wed, Oct 18th (fortnightly)
Time: 1.00pm–4.00pm
Venue: White Park (Hall or Front Room)
Cost: \$2.00



500 CARD GAME

(YEARLY Enrolment)

Interested in playing 500? Beginners welcome. A **fortnightly** activity on a **Thursday**.

Facilitator: Pam Arbon M: 0438 288 121
Assistant: Ken Carter Ph: 8532 3948
Date: T3: Thur, Aug 3, 17, 31, Sept 14, 28
T4: Thur, Oct 26, Nov 9, 23, Dec 7
Time: 1.30pm – 3.30pm
Venue: White Park (Front Room)
Cost: \$2.00



PLEASE NOTE—WAITING LISTS

Some classes have a maximum number and are currently full. If registering for these classes your name will be added to a waiting list. Questions to the Program Coordinator M: 0413 704 951.

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: Chris Harvey Mob: 0428 865 862

Dates: Wed, Aug 2nd, Sep 6th, Oct 4th, Nov 1st, Dec 6th.

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, Aug 2nd, Sep 6th, Oct 4th, Nov 1st, Dec 6th.

Time: 1.00—3pm

Venue: Murray Bridge Public Library

Cost: Free Session

FUN & FITNESS

CROQUET Come & try

The Murray Bridge Croquet Club are offering U3A members an opportunity to play Croquet. Please wear closed shoes.



Contact: Keryl Kiel M: 0417 858 921

Date: T3: Not offered
T4: Thur, Nov 2nd, 9th, 16th, 23rd.

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.

SOCIAL INDOOR CARPET BOWLS

A relaxing and enjoyable social game.

Leader: Yvonne Mach Ph: 8532 6024

Facilitator: Jean Filmer Mob: 0417 816 880

Date: T3: Fri, Aug. 4th, 11th, 18th, 25th, Sept 1st, 8th
T4: Fri, Oct. 20th, 27th, Nov. 3rd, 10th, 17th, 24th

Time: 1pm—3pm

Venue: Lutheran Church Hall, Schenscher Rd, Monarto

Cost: \$3 per session



FUN & FITNESS

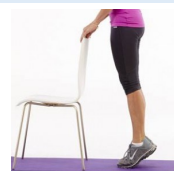
INDOOR FITNESS & EXERCISE

(YEARLY Enrolment) *CLASS IS FULL

“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 *CLASS IS FULL

Leader: Debbie Griffiths Mob: 0448 956 606

Assistant: Thelm White Mob: 0430 483 560

Dates: T3: Tues, Jul 25th (weekly)

T4: Tues, Oct 17th (weekly)

Time: 9.00am–10.00am

Venue: White Park (Hall)

Cost: \$2.00 per session

FRIDAY CLASS *CLASS IS FULL

Leader: Keryl Kiel Mob: 0417 858 921

Assistant: Jean Filmer Mob: 0417 816 880

Dates: T3: Fri, Jul 28th (weekly)

T4: Fri, Oct 20th (weekly)

Time: 9.00am–10.00am

Venue: White Park (Hall)

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. Check emails!

Contact: Margaret Davidson Mob: 0412 272 103

Dates: T3: Fri, Jul 28th (fortnightly)

T4: Fri, Oct 20th (fortnightly)

Times: 9:00am depart MB Railway Station

Locations: To be confirmed—Check your email

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: T3: Wed, Aug 2nd, 9th, 16th, 23rd, 30th

T4: Wed, Nov 1st, 8th, 15th, 22nd, 29th

Time: 9.30am – 11.30am

Venue: Ken Wells Pavilion MB Showgrounds

Cost: \$3.00

ACTIVITIES & EVENTS—TERM 3 & 4 2023

PAYMENTS FOR SOCIAL EVENTS

Members are requested to pay for social events at the specific time stated. We do not encourage you to pay for these events too soon, as this minimises the potential for a refund particularly if you are unable to attend. Thank you for your cooperation.

LAWN BOWLS 'COME & TRY'—Term 4

Leader: Barry Griffiths M: 0418 708 010

Date: Mon, Oct 16th (5 consecutive weeks)

Times: 9:30—11:30am

Location: Bowling green, Cnr Adelaide Rd & Thomas St. MB.

Details are still to be confirmed. Please enrol and you will be contacted. Minimum 10 participants to proceed.



FILM APPRECIATION

Pam Luke will inform those who have enrolled about the films as they become available and when, at Murray Bridge or Mt Barker.



Date: TBA Please keep an eye on your EMAIL.

Contact: Pam Luke Ph: 0428 813 331

COFFEE 'N' CHAT Term 3

White Park (Hall). A chance to catch up with other members have a chat & morning tea.

Date: Monday Sep. 4th

Time: 10am

Cost: \$5.00 (Coffee 'N' Cake)

Any special diet?

Enrol & pay at the office by 10th August

Contact: Maggie Davidson Mob: 0412 272 103



GUEST SPEAKER TERM 3



The Years ahead
LIFESTYLE...

This session is specifically for drivers approaching or in their retirement years. It looks at topics such as:

- car safety and maintenance
- saving money on fuel
- transporting grandchildren
- taking a holiday and interstate motoring
- security at home and while you're away staying healthy and mobile.

Date: Monday 7th August 2023

Time: 10.00 am

Venue: White Park (Hall)

Cost: \$2.00 (Pay on the day)

COFFEE & CHAT —TERM 4



Pretoria Hotel Mannum

Catch up with other members and have morning tea

Date: Monday October 23rd

Time: 10:30am in Bistro Room

Meet at the Railway station car Park at 9.30am for 9.45am departure.

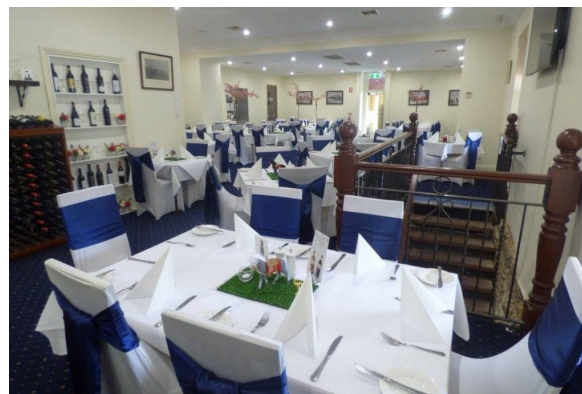
Car Pooling.

Cost: \$10.00 (Coffee & Cake) Any special diet?

Extra Coffee at own expense

Please enrol, pay at the office by 21st September

Contact: Pam Luke Mob: 0428 813 331



CHRISTMAS LUNCH

THE GREAT EASTERN HOTEL LITTLEHAMPTON

Date: Thursday 30th November

Time: 12.30 pm

Cost: \$40.00. Pay at the office by October 26th.

Drinks at own expense. Any special diet?

Menu will be provided nearer the day.

Address: 71 North Terrace, Littlehampton.

(Exit at the Bald Hills turn off, head in the direction of Nairne, turn left at the second roundabout and proceed to Littlehampton. At the round about adjacent to the Hotel, take third exit onto Junction Road to enter the carpark.

Contact: Margaret Davidson Mob: 0412 272 103

Meet at the Railway station carpark at 10.45am for 11.15 departure. Car Pooling.



NEWS, UPDATES AND NOTICES

NEW

MURRAY BRIDGE LIONS

FREE SKIN CANCER SCREENING

Sat 26 & Sun 27 August 2023

Location: White Park Community Clubrooms
19 Mulgundawah Rd, Murray Bridge.



For more information & bookings please call Hilton Moritz, after 1st August by request. Thank you!

M: 0408 803 723

CONGRATULATIONS KEN WELLS

HISTORIAN & VOLUNTEER KEN WELLS OAM

Please help me congratulate well-known popular local Ken Wells, for being recognised with an Order of Australia Medal (OAM) on the King's Birthday 2023. Ken is also a valued longtime member of the U3A family and a tutor for the every popular 'Pruning with Ken.'

Ken has devoted and enjoyed a lifetime of volunteering and serving his local community. Congratulations Ken from everyone in U3A Murraylands. Photo credit: Peri Strathearn of Murray Bridge News.



OPTION TO PAY BY CREDIT CARD

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

SPECIAL REQUEST!



AUSTRALIAN GIRLS CHOIR

U3A members may be interested!

Murray Bridge High School will welcome 58 girls and 6 staff from the Australian Girls Choir from September 18 until September 22.

Host families are required for the group. At least 2 girls need to be hosted by each family.

Anyone over the age of 18 staying in the home during the hosting must have a Working with Children Check.

For further information please contact Helen Peake at helen.peake92@schools.sa.edu.au.

There is a detailed brochure on the Notice Board at White park Community Clubrooms.

EXPRESSIONS OF INTEREST



Are you interested in playing Canasta? Several members have expressed interest. Please enrol and you will be contacted if / when the class is to proceed.

NOTE: DIETARY REQUIREMENTS

Any members who have special dietary requirements i.e., for social events, must alert the Program Coordinator in advance. This aims to ensure U3A provide you with safe food options.

RENT FOR CLASS AREA & INSURANCE

Rent for Class Area: U3A Murraylands operate under a 'user pay system' i.e., \$2 to attend most classes. 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


ENROLMENT DEADLINE—Semester 2

All enrolments to be received at the office on or before Thursday, 13th July, 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.

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

DATES FOR YOUR DIARY

SEMESTER 2/ 2023

Term 3 Mon 24th Jul—Fri 29th Sept (10 weeks)

School Holidays Mon 2nd Oct—Fri 13th Oct

Term 4 Mon 16th Oct—Fri 15th Dec (9 weeks)

School Holidays Mon, 18th Dec—Fri 27th Jan 2024

PUBLIC HOLIDAYS:

Monday 4th October

Labour day

Monday 25th Dec

Christmas Day

Tuesday 26th Dec

Proclamation Day

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 only require enrolment on a yearly basis—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 for Yearly Enrolments in Semester 1, 2024.

Please make sure you have all the dates and times in your personal diary for 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 List

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

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 2—2023

COURSES I HAVE ENROLLED IN—SEMESTER 2	VENUE	DAY / DATE	TIME/S

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— LYNTON HALL



I spent my early years at Bute, a small rural community on Northern Yorke Peninsula. My family lived on a small farm 2.5 km out of the town on the Pt Broughton Road. I attended Bute Primary School. At the time, it had an enrolment of approximately 115 students. Its current enrolment is approximately 30 students.

I then attended Kadina Memorial High School for my secondary schooling. Students from Bute went 30 km by bus to and from Kadina each day. The bus left at 7:45am and arrived back in Bute at 4:30pm. Bob England, former president and current committee member of the Murraylands U3A was my Physics teacher when I was in Year 12 at Kadina Memorial High School in 1971.

Like many rural communities, sport featured strongly. I was involved football, cricket and basketball for the local town teams.

At the end of my secondary schooling, I received a scholarship to study at the University of Adelaide and shifted to Adelaide to undertake a science degree. Shifting from a small rural community to Adelaide took some adjustment, as it was a very different way of life. I would return to see family at Bute as often as I could.

Upon completion of my science degree, I undertook a Diploma in Education, a one year course, and then commenced a career in teaching.

My first appointment was Jamestown High School in 1976. At the school, a young Ruth Rischmueller was teaching biology. We seemed to get along well and in October of that year we married.

We shifted to Lucindale for two years, where we started a family. Our first child was born at Naracoorte. We then transferred to Murray Bridge and have lived here since 1979.

We have three children; Tom, Joel and Joanna. They attended Murray Bridge South Primary School and Murray Bridge High School. They now live in different states; Tom in Launceston (Tas), Joel in Cowaramup (WA) and Joanna in Ocean Grove (Vic). In our retirement, we take every available opportunity to visit our children (and five grandchildren).

When we shifted to Murray Bridge I taught Chemistry, Mathematics and Science at the High School. Ruth was a stay-at-home mother for several years.

Over time I became Coordinator in charge of Science and sometimes Mathematics and Agriculture.

When my father died in 1986, my two siblings and I inherited the farm of 303 hectares. Ruth and I spent the rest of our working lives buying it outright from my two sisters. When the debt had been paid off, it was time for me to retire from teaching. The property is now worked under a sharefarming agreement with our neighbour.

I finished teaching in 2015. At that time, I was Deputy Principal at the High School.

Teaching is always demanding, often draining, involving long and sometimes frustrating hours of work, but I found it to be a very satisfying and rewarding occupation. I cannot think of anything I would rather have done.

I have undertaken volunteer work at Monarto Safari Park since 1999. I currently spend approximately one day per week at Wild Africa carrying out a variety of tasks. This is an ambitious and exciting project which will be a prime tourist attraction when it is completed.

I am a Port Adelaide Football Club member and attend matches regularly.

Since ceasing full time work, Ruth and I have travelled interstate and overseas quite a bit. As a result of our connection with Monarto Safari Park, we have taken some "safari" trips to Africa and we have visited USA including Yellowstone National Park. Each time we plan a trip, I seem to accumulate more and more camera equipment. We have also travelled to Darwin and Kakadu, Cairns and the Barrier Reef and the North Island of New Zealand.

In addition, we sought to become involved in community activities. We became members of U3A several years ago, and this year I, along with Ruth, joined the U3A committee. *Lynton*