

**From an outsider's point of view** it may look as if much remains static at U3A, but I am pleased to report that behind the scenes, things are on the move.

During June, Ingrid, Jasmine and Doriana participated in the U3A SA Zoom webinar to discuss the feasibility of using 'Member Wizard' and review the workings of the program. Member Wizard is a practical and efficient data base program that has been successfully adopted by several U3A's throughout Australia. It provides several different levels of access for administration, committee, group coordinators/leaders and members and will vastly streamline all areas of administration. After discussion at committee level earlier this year we have decided to move forward with this program in time for the new financial year beginning in January 2026.

In addition, the committee is also in the process of reviewing policies and procedures. One of our members, Eamon Power, has a wealth of experience in the field of Work Health and Safety and is currently guiding us through updating our Code of Conduct and Risk Management policies.

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## The Power of Volunteering - A Gift That Gives Back

To acknowledge the role that volunteers play in our organisation, U3A Secretary, Jasmine Hunt, recently organised cards with a message of appreciation and distributed these to all of our course coordinators and other volunteers.

At U3A Strathalbyn, volunteers are the heartbeat of everything we do. But it is more than just lending a hand - it's an act of connection, purpose, and community spirit. When you volunteer, you not only share your time and talents, but you can also discover (or rediscover) a deep sense of fulfilment, friendship, and belonging. Whether you're leading a class, helping with events, or offering a warm welcome to new members, your contribution creates ripples of positivity that enrich lives, including your own.

Volunteering also reminds us that we all have something valuable to give, and that together, we build a stronger, kinder, and more vibrant community. Now more than ever, we invite you to be part of something meaningful. Step in, and be the difference. U3A Strathalbyn values each and every one of you.

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It is also worthwhile to mention the ongoing support given to U3A by the Strathalbyn community, particularly when it comes to our marketing efforts. This includes the Woolworths Community Notice Board, The Vault and the Appleseed Cafe, The Market Shed, the Stationmasters Gallery and online newsletter created by Madie Elkin, and Cintra Amos's Strath Happenings.

And last (but never least) we are happy to let you know that Colin Forbes has taken up the vacancy of Vice President. We fully appreciate your time and effort, Colin.

Until next time.

*Ingrid.*



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## USEFUL CONTACTS .

Ingrid Johansson (President) 0404 765 753  
 Jasmine Hunt (Secretary) 0423 138 311  
 Colin Forbes (Vice Pres.) 0400 029 771  
 Doriana Barone (Treasurer) 0401 717 756  
 Wanda Hopkins (Publicity) 0451 541 239  
 Marilyn Henn (committee) 0419 188 162

Email: [strathalbynu3a@gmail.com](mailto:strathalbynu3a@gmail.com)

Website: <https://strathalbynu3a.com>



## OFFICE SUPPORT .

Strathalbyn Neighbourhood Centre  
 6 Parker Ave, Strathalbyn  
 10.00 am to 3.30 pm Monday to Friday

OUR APPRECIATION TO the offices of Adrian Pederick MP, State Member for Hammond and Rebekha Sharkie, Federal Member for Mayo for their ongoing support.



## MARKETING 101

During 2024 it was decided to take a fresh approach to our marketing, not only to attract community interest, but keep our current membership informed and up-to-date.

In our time-poor world sometimes it's often not practical to jump in the car in search of information or that special document that needs to be completed. And this is where the website comes into its own, with up-to-date news, information and downloadable paperwork.

More information about our website appears on page four. Please take the time to visit our website over the next month or so. We'd love to hear your feedback and suggestions too.

You'll find us at: <https://www.strathalbynu3a.com>



## GENEALOGY GROUP NEWS

So far, 2025 has been a proactive and productive year for the genealogy group. Presentations have been many and varied and have included tips on using bookmarks, screen shots and the Trove newspaper archive. Caroline also introduced us to her genealogy website where she shares a number of useful tips and website links for family history researchers. This both provides a useful resource for the group, and the opportunity to submit information to this website. A win, win for everyone.

April saw Caroline's presentation on the use of the Genealogy SA website and thanks to Barry's ingenuity we discovered a new way of filtering the information on the site. All it really took was a fresh set of eyes to bring this common-sense discovery to our notice! Barry also shared various tips from a variety of genealogy publications available from the local library. We also enjoyed his taste in English biscuits during the morning tea break.

In May we heard Wanda's presentation on the use of Ancestry, including tips on uploading media, using comments, adding tags and additional information about the verification of family records. Questions were asked and answered throughout. This meeting was enjoyed from the comfort of Jan's lovely home, as our usual meeting place had experienced a power failure. We had plenty of time to share our progress and research achievements, and as an added bonus, a little fun tracing various ancestral locations using Google Earth.

June saw us back in the Angas Room at the library with Linda's interesting presentation on preserving paper and

photographic records and other family treasures. The word "dust" loomed large as enemy number #1 and was enough incentive for the writer, at least, to reach for the Spray and Wipe on getting home!

This was also Linda's first presentation using PowerPoint aptly demonstrating that it's not only the world of genealogy in which we are steeped in learning, but those other skills to make our participation in the group an enjoyable one. Bravo!

*\* New for 2025 is the option of adjourning to the Local History Room to carry out additional research with the help of our more practised genealogists afterwards.*

*\* Coming up in July, guest speaker Simon Murphy answers our questions on some of the quirks of computer technology.*

## VOLUNTEERS SOUGHT FOR DIGITAL HEALTH ENGAGEMENT RESEARCH

**RMIT University** PhD Candidate Joyce Lau is conducting a study on how older adults engage with digital health technologies. This research explores the use of health-related mobile apps and wearable devices, such as those for fitness and exercise monitoring, healthy eating tracking, medication management, and other health-related functions using wellness apps on smartphones or tablets, as well as wearable devices like smartwatches and fitness trackers. The findings from this study aim to improve the design and implementation of digital health systems. Your insights will contribute to creating more inclusive and effective digital health solutions, helping to shape the future of digital health for the ageing community.

Joyce is seeking volunteers aged 55 and above to participate in a one-hour online interview about their experiences with these technologies. Whether you are just starting out or very experienced, your perspective is valuable. Even if you have only tried using these technologies briefly, we want to hear from you!

If you are interested in contributing to this important research, please contact Joyce Lau by email [joyce.lau@student.rmit.edu.au](mailto:joyce.lau@student.rmit.edu.au) for more information or to participate. For additional information, visit RMIT's [Consumer Wellbeing Research Group](#) website.

*PLEASE NOTE: U3A has a tradition of supporting research into ageing and Royal Melbourne Institute of Technology (RMIT), so we encourage you to*

*support Joyce's PhD candidacy in her research on how older adults engage with digital health technology.*



## MEMBER PROFILE, PAT EGLINGTON

Born just before WWII, Pat says that she spent her early years at Goodwood Primary while living with her family in Foundry Street, Goodwood. Apart from the milkman no longer delivering cream and butter, as a child Pat didn't really feel any effects of the war.

Pat's introduction to languages was sparked when she studied French at Unley High School. She later studied at Adelaide Teachers College and moved to Swan Reach to begin teaching where she met her husband. The Eglinton boys had traditionally acted as a taxi service for the teachers in the district from their boarding house, delivering them to social events. Pay was low, and cars were expensive. It seems that this also helped to provide them with wives, and she was the third teacher to follow this trend!

They later moved to a mixed farm at Maitland, and Pat began a thirty-year teaching career at the local Area School. During this time, she won a seven-week travelling scholarship to Japan. To begin with she conversed in English as she had no Japanese language, and found that her French was rather useless in that situation. She was amazed and rather humbled by this fact which set her on the path of really learning another language. "Why should we expect others to speak our language while we made no effort?"

At first it was a case of survival and Pat readily admits that she was quite woeful, but it did help her make new friends. Both Pat and her host sister had notebooks in which to record new words. "She would speak to me in English and I had to reply in Japanese; it was a real learning curve but lots of fun." On returning to Australia she sought out ways to extend this knowledge. There were no language classes in the country. In those days all formal study was in Adelaide. Later when Pat and her family moved closer to Adelaide she was able to attend classes at Adelaide Uni Continuing Ed.

Pat thinks that we are so lucky to be able to share our skills and develop shared interests via the courses available at the University of the Third Age. She enjoys sharing Japanese and dragging her French up from the past. They tell us we need to use maths, music and languages to keep our minds active. "What a pleasant way to take exercise."

Over the years Pat has made nineteen trips to Japan. There were the school trips when her school students visited our sister school and travelled through the country. Four study awards enriched her knowledge of aspects of their society. And catching up with friends! This is the real thrill of travel: getting to know individuals and sharing their lives, such as the sixteen-year old exchange student who is now a sixty-eight-year-old grandmother! Mamichan was another very close friend who helped further Pat's understanding of Japanese culture. She grieved when she died recently and treasures the memory of their prolonged friendship. She is grateful that U3A has allowed her to keep in touch with these experiences.



French and Japanese language tutor, Pat Eglinton.

## Around the Groups

*BELOW: Photography tutor, John Keating, explains some of the camera settings in digital photography to the group.*



*Members of the U3A philosophy group after a morning of discussion at the Victoria Hotel last week.*

*RIGHT: Group leader Peter Sutton.*





## Courses & Activities



U3A Strathalbyn offers a variety of courses and leisure activities, including fitness, languages, wine appreciation and philosophy.

A full description of the courses we run is included in the document below.

### Courses & Activities

Before enrolling please contact the group leader of the course you are interested in. If there is a vacancy, your name will be placed on a waiting list and we will contact you if a vacancy arises.

Course information and enrolment forms are also available at the Strathalbyn U3A, 10 Parker Ave, Strathalbyn. Follow the links below for our latest program and information.

### Program

The payment of an annual membership fee of \$50 (\$20 for activity leaders' courses and special events listed in the program. Some courses also attract materials. For further details on venue fees please refer to the enrolment form.

## VISIT US AT:

<https://www.strathalbynu3a.com>

## U3A Website

For up-to-date news,  
information and downloadable  
paperwork.

## Join



**Membership Fees** are due at the beginning of each calendar year and are currently set at \$50/ annum. Activity leaders pay a discounted annual fee of \$20. Additional fees for the venue and materials may apply. Please refer to the enrolment form for additional information about venue fees.

To join U3A Strathalbyn please complete all the details on the downloadable from below:

### Enrolment Form

Registrations will be accepted from mid-January each year. We will advise the exact date via various means, including this website, community notice boards and Facebook, once a date has been confirmed.

Because some activities have a limit on the numbers of participants, it is best not to procrastinate. We also ask that you contact the group leader of the course you are intending to join to ensure there is a vacancy.

If you are feeling "technologically challenged" please contact the group leader of the course you are intending to join to ensure there is a vacancy.

your completed form and email it to [info@strathalbynu3a.com](mailto:info@strathalbynu3a.com) to be paid by EFT.

clearly identifiable with your family name and email address.

## Volunteering – Discover a World of Possibilities



U3A Strathalbyn both supports your learning experience and your ability to share your experience and skills for the benefit of the U3A community.

Our organisation as a whole thrives on the work of volunteers, providing classes to the community, and behind the scenes with a committee and other support roles, such as website management, enrolment, community liaison, grant applications, or simply lending a hand at social events.

If you are interested in being a part of our network of volunteers our committee will help you find a role that suits your skills set, personal interests, and based on the amount of time you are able to commit.

We look forward to hearing from you.

### More on Volunteering

### Nomination Form

### Summary of Committee Duties

**NOTE: The red wording denotes a link to additional information and U3A's downloadable forms.**

