

To our dedicated committee, inspiring group leaders, and valued members

It is your collective spirit, kindness, and willingness to give that makes U3A Strathalbyn not just a place of learning, but a true community of heart. As we grow, so too does the light each of you brings to this shared journey. Thank you.

Our membership, now at 122, continues to grow, and we are deeply grateful to the many supporters who have accepted our brochures, promoted us in their newsletters, and shared word of our U3A far and wide. We are also excited to announce that two local radio stations have offered us the opportunity for live interviews to further raise awareness of U3A Strathalbyn.

The wonderful dedication of our course leaders continues to shape meaningful learning experiences. Without you, U3A would be nothing, so my heartfelt thanks for your role in strengthening the vibrant heart of U3A Strathalbyn.

A special thank you also to U3A member Eamon Power for sharing his expertise in Work Health and Safety. With his support, we have now finalised our Code of Conduct, Risk Management Policy, and our Risk Management Register. These form the cornerstone of a safer, more structured U3A and will appear on our website soon.

The committee is also compiling an information folder for course leaders to include the new policies, attendance sheets, enrolment forms and other relevant materials. We look forward to sharing these upgrades with you all at the commencement of 2026. Our next important task is the development of a grievance policy, which is now in progress.

Ingrid, Jasmine, and Wanda recently took part in a training session on Member Wizard, our evolving database, with Kerry Smith from U3A Campbelltown. Another training session will take place at Campbelltown on Thursday 2nd October.

Behind the scenes, Jasmine was busy organising 'On the Beat' a joint event hosted by U3A, with the Strath Players and the Alexandrina Singers, and surprise guest, Gwenda Knights. There is more about this on page 3 of the newsletter.

In July, Jasmine and Ingrid attended a U3A SA Zoom meeting where future webinar topics were discussed. Of note was 'Get Online Week', which offers small grant opportunities to expand digital inclusion for members. Other U3As shared information about their most popular courses - including languages, lunch groups, mahjong, movies, nutrition for older people, Tai Chi, guest speakers, circle dancing, choirs, community gardens, and exercise classes like Balance and Bones. If any of these are of interest to you, please let us know - we are always open to new ideas.

We continue to seek new partnerships and connections with agencies to promote U3A and restore community spirit. And last but not least - we honour and thank each of you. It is because of **you** that U3A Strathalbyn continues to pulse, thrive, and grow.

When we walk together with purpose, even the smallest steps echo with meaning.

Ingrid



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USEFUL CONTACTS .

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OFFICE SUPPORT .

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

In the pipeline for 2026:

Spanish for Fun
 Mahjong
 Colonial History
 An Introduction to Flower
 Essences
 Balance 'n' Bones

Around the Groups

GENEALOGY

To add a touch of flavour and diversity to our usual format, Caroline Dennis organised a tour to Genealogy SA, based in Unley. Members of the group benefitted greatly from seeing first-hand the wide range of resources available including a vast library of books and other publications, directories, overseas resources and the availability of copies of various births, deaths and marriages records.

After enjoying lunch at the nearby Cremorne Hotel, the group benefitted from undertaking some personal research where everyone was able to advance their research interests. Jan was able to fill in the gaps comparing the newspaper notices with the microfiche BDM records, while Ali received some one-on-one tutoring on some of the on-line resources. And even though Linda hit a brick wall with her research, this in turn opened doors to further resources to explore at the State Records Office.

Everyone agrees that Caroline has become a powerhouse in the group and that her wide knowledge and experience in all things genealogy is beneficial to everyone involved. She can often be found in the Local History Room at the Strathalbyn Library helping people with their family histories. Thanks to Caroline a visit to the history room has also become a feature of our monthly sessions and is now a firm favourite.

SOCIAL ART

Thanks to the leadership of Rhonda McCarthy, the U3A Social Art group had the opportunity to be involved in the SALA festival held at the Milang Butter factory in August.

This annual event is high on the art world calendar and U3A members had the opportunity to showcase their artwork.

SALA boasts a proud tradition of being Australia's largest open-access visual arts event and offers encouragement to artists at every stage of life and level to share their creativity. Kudos to Rhonda for seeing the value of a U3A presence at such an esteemed forum.



Marketing 101 – Never a dull moment

Marketing could be regarded as one-part optimism and one part opportunism. But it is also heavily reliant on communication, co-operation and a healthy dose of believing in the product.

I was drawn into a role on the U3A committee on the belief in the product and have seen the communication and co-operation grow in the space of just a few months. New ideas have flourished and have come into fruition, and doors have opened because of an increased community awareness of U3A. A superb example of teamwork, sharing the load and working towards a common goal.

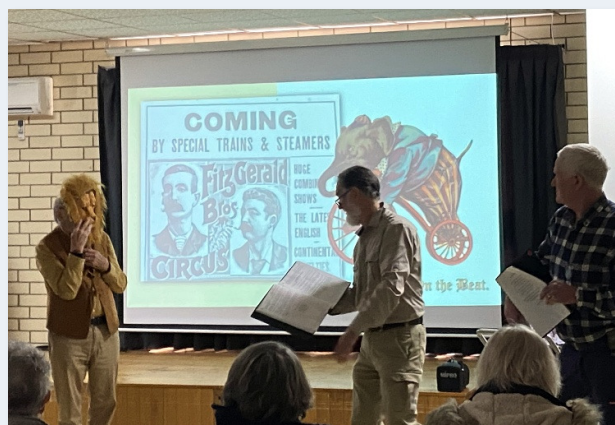
U3A is an open-minded organisation therefore one where you, as a member, are very welcome to share your ideas on what you would like to see U3A involved in or see more of. It is also helpful if you also think of yourselves as deputy marketing managers. So keep spreading the word, taking photos of your group activities for the newsletter, feedback on your favourite activities, submitting your member profiles (or encouraging others to do so) and just generally helping us to keep building up that positive vibe and feeling of belonging, and the benefits this brings.

Our next newsletter due mid-November will include a retrospective of the year. I'm also thinking of adding another page for community news so your contributions are welcome. So never a dull moment!



ABOVE: The long arm of the law has the final say.

RIGHT: The circus comes to town.



ABOVE: Gwenda Knights reminisces about her early experiences in Strathalbyn.

*Saturday,
30 August*



ABOVE: The Alexandrina singers and narrator, Gillian Aitchison on stage,

LEFT: Jasmine Hunt and Gillian Heard discuss the banquet menu with chef Stuart Carter.

IMAGES: Neil Gamble & Ingrid Johansson



Member Profile – Ingrid Johansson

Reaching a mature age can often spark new inspirations - especially as we seek meaningful ways to nurture our souls amidst the world's chaos and increasing feelings of separation. For Ingrid, joining U3A in 2022 was an important step toward reconnecting in this way.

Born in Adelaide and one of eleven children, Ingrid spent nearly two decades in Queensland before returning to South Australia to be closer to family. She moved to Strathalbyn in 2021 and quickly became involved with U3A, initially joining the Italian, Philosophy, and Ukulele classes. By 2024, she had accepted a place on the Committee and, in 2025, was nominated as President.

Ingrid believes U3A Strathalbyn holds untapped potential, and that growth begins by nurturing each member's sense of feeling genuinely seen and valued. 'Sometimes,' she says, 'the greatest contribution is simply finding the strength to attend a class - and that is more than enough.'

Ingrid's early life was shaped by both resilience and hardship. While her childhood home was rich in classical music and a love of learning, it was also marked by instability and emotional upheaval. Her mother, a woman of unwavering gratitude, taught her to find light in even the darkest times. Ingrid's protective instincts emerged early - caring for broken dolls as if they were patients and standing up for classmates who were differently abled. It came as no surprise when she became a Registered Nurse, and shortly after a Registered Psychiatric Nurse. Soon afterwards Ingrid completed a post graduate course in Gerontology and became South Australia's youngest Director of Nursing in Aged Care at just twenty-six.

Following the birth of her daughter Victoria, Ingrid felt called to shift her focus toward Complementary Therapies - motivated by a desire to explore the deeper layers of wellbeing.



ABOVE: Ingrid (left) and her sisters Kaaren, Mary, Louise and Margaret.

These days, Victoria lives in the USA with her husband and son, while Ingrid continues to, as she puts it, "walk her own path of inner discovery".

Always one to practice what she preaches; Ingrid begins her days with quiet meditation and journaling. She is also deeply passionate about the power of music, the healing energy of nature, and the creation of sacred mantras to help embody her highest self. Her spiritual practice is rooted in compassion, forgiveness, and the belief that we are all capable of far more than we've been led to believe.

One of her most joyful memories is of Kondalilla Falls in Queensland. One 'where melodies and lyrics seemed to tumble from the sky into her soul'. She reflects that 'It felt like walking on air, until I returned home and remembered the weight of the world.'

Today, Ingrid's purpose is clear: to support others to live with greater peace, self-compassion, and personal freedom. 'We all have such deep potential,' she says. 'The journey is about learning how to release what no longer serves us - and in doing so, become the difference we wish to see in the world.'

Looking ahead

Balance 'n' Bones is a DVD based program that guides individuals or groups in a series of exercises which will help to maintain physical fitness, strengthen bones, develop co-ordination and prevent falls. The DVD was produced by U3A Network NSW and is presented by Beth Denny, a qualified fitness instructor and U3A member.

Strathalbyn U3A understands the importance of this kind of activity and would like to establish a group. **We seek a volunteer to lead participants** as they follow along. Venue hire, and administrative support will be provided.

Your feedback - Yoga

"A well thought out program that caters well for the cohort. Delivered thoughtfully by a caring instructor. Clear instructions with variations to support individual needs."

(Lyn)