



NEWSLETTER

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GAWLER SA 5118

u3agawler@gmail.com

TERM THREE: 24th JULY – 29th SEPTEMBER 2017

TERM FOUR: 16th OCTOBER - 13th DECEMBER 2017

CHAIRPERSON'S REPORT



Term 2 has been a busy time for the Committee. We are in the process of updating the Guidelines for Members handbook and also the Committee Members' Handbook. This is progressing very well and we should have it all up to date very soon.

We also held a Leaders' Meeting on the 19th April which was very productive, with most Leaders attending and sharing how their groups are going, things they would like to improve and any concerns they may have. By sharing our experiences, we can overcome our concerns and affirm each other in how the groups are continuing to flourish.

We have now purchased a First Aid kit which is stored in Cupboard 3. All Leaders will have a key to this cupboard which also contains the tea, coffee, cups etc. We have also organised some wonderful brochures promoting U3A Gawler which have been distributed to most of the relevant businesses and organisations in the area. A huge thank you to Peter and Fran for the time and effort put into organising this and also to Di who has been keeping our webpage up to date.

We are very fortunate to have a wonderful group of Leaders running all our groups. I would just like to take this opportunity to thank them and to remind all members that all our Leaders are volunteers who spend a lot of time behind the scenes organising things so that their respective groups run smoothly, so please treat them with respect and discuss any issues you may have in a dignified fashion. Without our dedicated Leaders, we would not have a Gawler U3A.

Thank you all for your support and commitment.

CORAL GOWLAND 041 248 1015

Your committee is –

Chairperson - Coral Gowland; Secretary - Fran Mason; Treasurer - Peter Adams.

Committee – Diane McGough (Deputy Chairperson), Sue Stanner, Ray Connor, Jean Connor, Daisy Cussans, Margaret Raggatt

U3A Web Address is

www.u3agawler.org.au



In April we were very saddened to hear of the sudden loss of Linda Johnston's beloved husband Hugh Johnston. Hugh was a valued member of U3A and helped in so many ways. All members of U3A would like to express their sincere sympathy to Linda and her family.

New Course !!!!!



BOOKCLUB WITH A TWIST

We are going through a learning curve with our new attempt at having a Book Club, but enjoying it at the same time. Two books a month was not feasible—we are all too busy, especially if a book has a large number of pages.

With everyone having a different choice, we are finding it a great way to expand our own repertoire of reading material and genres.

We will have a two month break and meet again **on the second Thursday of August, at 7.30 pm., Palamountain Drive, Evanston Park.** The choice this time is 'a book written by an Australian author'. If you would like to join us please ring me on 0421604670.

Fran Mason

Member Articles

The May Riverland Rendezvous

Peter Adams' Riverland Rendezvous

Early in May 2017 my good lady and I attended the Riverland Rendezvous in the scenic towns of Renmark and Berri. Organised by U3A Riverland and held in conjunction with a quarterly meeting of the management committee of U3A South Australia, it was an excellent opportunity to meet other members of U3A organisations in S.A. and to be able to put faces to names. As Gawler's Delegate and U3ASA's Treasurer, I was able to share information, discuss policies and meet people brought together by a common bond – to *stay active: mentally, physically and socially*, the mantra of the world-wide body of U3A internationally. After a leisurely drive to Renmark on the Monday we checked into the Renmark Hotel, then did the tourist thing and explored, not having been there for some time. As the weather was quite pleasant we took in the sights of the river and strolled around to renew our acquaintance with the town.

On Tuesday, we drove to Banrock Station where the meeting was to be held. The check-in, manned by members of U3A Riverland, ran very smoothly and we were all given "goodie bags" with details of local highlights, samples of local produce and various vouchers for meals etc. Those not attending the meeting explored the site at their leisure and enjoyed lunch amid the company of fellow U3A members. At about 2.30 pm we all went back to our accommodation to freshen up then returned to Berri later for an excellent meal provided by U3A Riverland.

Wednesday was a full day of well-attended programs for those interested; very well run, enjoyed by all, and separated by another meal provided by U3A Riverland. An opportunity to watch a magnificent moonrise over the river preceded dinner at the Renmark Club, a guest speaker and some local entertainment – a very pleasant evening indeed.

Thursday, the last day of organised activities, started with a river walk (9.00 am) for those able or desirous of some exercise even though the morning was quite chilly. Midmorning, we all boarded the PS *Industry*, a restored paddle steamer, to enjoy a river journey with ample supplies of scones, jam and cream and steaming hot coffee. What an amazing end to an exciting and eventful break.

A lot of the members then retired to the Renmark Hotel for lunch and a final get together before making their farewells and beginning the drive back home.



Some attendees at the Berri Senior Citizens rooms

A similar event is contemplated for next year and I believe that several U3A's in South Australia will be planning something along these lines. It was an event that showcased the local environment and enabled friendships to be forged along with the sharing of ideas and operational matters.

Peter Adams, Treasurer U3A Gawler

Ray and Jill Girdham's Riverland Rendezvous

This began on Tuesday 9th of May at Banrock Station Winery, where the officials held a meeting of U3ASA, and a luncheon could be purchased. The winery is very flash and their wetlands can normally be accessed for bird-watching, etc but because work was in progress repairing boardwalks, this was not possible. We only went after lunch to look at and photograph a memorial to Jill's friend's grandfather, who owned the property before the winery people.

From there we drove our motorhome to the Berri Riverside Caravan Park. This park was centrally located to most events and the river views were special. At the Berri Senior Citizens' Club we were given our information packs and chatted to many friendly people while we enjoyed 'happy hour' before the prepaid evening meal. Our table had many from the dispersed Yorke Peninsula U3A, which subsequently won an inaugural trophy mainly for being distant but still having numerous attendees. (Their President had his caravan adjacent to our bus in the caravan park.)

Next morning (my 78th birthday), many activities were available; we had chosen a guided Berri Riverland walk, which was very scenic, with lots of Riverland birds. We walked all the way to Martin's Bend and were glad to find locals in their cars ready to transport us back to the Senior Cits for lunch. That afternoon we went to an excellent photographer's talk on "Improve Your Photographs". He really knew his subject well and has won Australia-wide photography competitions. One of his best photos was based on three photos: an aboriginal playing a didgeridoo in Rundle Mall, a Riverland lake with reflections, and sunrise at Moorook. It was done using PICASA on his computer.

Wednesday evening we drove to the Renmark Tavern for 'happy hour' followed by a dinner and talk by a Riverland historian whose great-grandfather was a paddle steamer captain. By coincidence, I happened to be sitting alongside the photography lecturer, Terry Marter, an excellent trumpeter who had played in leading bands. I said my brother-in-law is Dean Birbeck (a drummer), and he knew him from past band days. Terry's wife, Lorraine Birmingham, had been a band promoter, which Dean knew. Dean spent much of his life accompanying big bands on ships and even played in the Hong Kong Symphony Orchestra for a while.

On Thursday morning we went back to Renmark for a leisurely river walk, where a local lady historian gave us the history of Renmark icons, in particular the Chaffey men who established the irrigation system and sold the parcels of land. She used a particularly good portable speaker and microphone. At 11 am we boarded the steamship PS *Industry* which had had a previous life removing river snags using a huge steam winch. We travelled both up and down the river until 12.30 pm and saw good scenery while being served tea, coffee and scones made in the galley by volunteers. During this trip we chatted with Peter Adams, the Gawler U3A Treasurer, the only other Gawler U3A member enjoying the Riverland Rendezvous.

Some other courses presented were backgammon, yoga, singing, Pilates, card games, art, creative writing, and smart phones (beginners and advanced).

We would like to thank the Riverland volunteers and coordinators for the huge amount of workload and planning for the Riverland Rendezvous to take place.

Ray Girdham.

Crime Fiction Talk

Friday 16th June, was cold and damp, which might explain the unexpectedly low attendance, but 20 of us, including many from the Creative Writing Group, enjoyed a talk on Crime Fiction that morning by Adelaide author David Kilner. Making use of the new technology installed last year, which relayed photographs and graphics for his talk from computer to large format wall 'screen', David soon had us nodding sagely, murmuring in amazement and vying to both ask and answer questions. Over the approximately 80-minute talk he covered sensationalism and style, authors and novels, television and movie productions, all encompassing the past 250 years, followed by his own approach, choice of plot and characters and his publications.

Did you know that the novel *Oliver Twist* was banned in the 1800's because it was against "public morality", or that Mark Twain was the first to write about the use of fingerprints in solving crimes? Do you know who first wrote the words 'the great unwashed', 'the almighty dollar' AND 'It was a dark and stormy night'? When did the *whodunnit* gradually move to the *why* and the *how*? Why did David decide to have a woman as his main character in the two books he has written so far? For those who would like to find out more, his talk is available on www.davidkilner.com, but it was certainly much more entertaining 'in the flesh'.

Fran Mason (Secretary U3A Gawler)

FOR SALE

The items below are surplus to requirements.

If you are interested in purchasing this bargain
please ring 0421 604 670

Ideal for Venues

(2) PHONIC NEXUS 540 400

Built-in amplifiers

69.3 x 44.2 x 34.2 cm : 21.5 kg each

Includes power cables

**Only \$500
the pair**



Leaders' Articles

Fun Fixing Fotos

Do you have lots of old photos that are faded, scratched, wrinkled, too dark or light, or old slides where the colour has faded or become orange? Come along to our class on Tuesday mornings, 10 am till 12 noon in Room 3, and learn how to restore them and give them a new life. You will be given a program so that you can use your own computer at home to save all those lovely memories. The class is run on an informal basis so no one need feel uncomfortable in case they may not be Computer Geeks. We have a fun, relaxing time while learning to bring old photos back to life. Below is an example of the kind of repair we can achieve with very little effort. Hope you come and give us a try.

Helen Turvey (leader) hturvey3@bigpond.com 82807035



The Jam Session

Once again the group has enjoyed a term of making music. Several people came along to "try it out". Happily some of them stayed on and we welcome them to our ranks. We are looking forward to getting out and about in the warmer weather but for now we are content to add some new songs and try out some different instrument combinations.

For further information contact Ann on 0415663041

Beginners' Ukulele

The six week Beginners Course went by too quickly. It was lovely to see some of the beginners join Gawler Ukes, and take part in a Gig at Trevu residential home. I would like to thank Alan Gill and June Evers for helping me. Beginners does not start again until 2018.

Diane McGough 0407710903

Gawler Ukes

Another term has gone by so fast. May 23th saw us celebrating our 7th birthday. The Ukupundas group (lead by Sandra and Jeff) joined Gawler Ukes for the celebrations. Some of their members and our members went on stage to do acts. A lot of effort went into creating the acts and costumes. There was a lot of fun on the day, with enough food for everyone and some left over! It was a lovely birthday. Thank you very much everyone. **Please note: Gawler Ukes resumes next term Tuesday August 15th 12.30-2.15 pm.**

Diane McGough 0407710903

Computer Help Desk

The earliest Help Desk sign-in sheet that I can find is dated January 29th 2009, although we have been active as the **Computing Group** from Term 2 in 2005, following on from a "one-off" session that I presented on digital photography in January of that year. We started out with over twenty members and in those days Microsoft was on its own learning curve as Windows was coming to grips with the opposition from the Apple Macintosh. Those were years of frantic changes and updates, which is where our group really earned its keep, as members aired their problems and we did our best to stay on top. I was often told at the end of a session, "I didn't know that you could do that," or "I didn't know that I didn't know that" (shades of Donald Runsfeld and his 'known unknowns'). Different members brought their own particular skills as well as their problems and we all learned from each other in a real melting-pot – I know that I certainly learned something of value each week.

Over the last couple of years, as Windows has settled down, we have changed from sessions of twenty or more absorbing large helpings of information, to our drop-in style of four to six turning up to savour the more delicate aspects of computing. One thing is certain – we never stop improving our skill level, and surely that is what U3A is really all about. Keep on turning up, folks, and help me to keep the old grey matter from growing cobwebs. **Ring for an appointment to see me on Thursdays in the foyer from 2 pm.**

Stan P. (08)85248245

Gawler U3A Theatre Group

On 17th June, several members of the Theatre Group attended The Therry Dramatic Society's production of "**Fiddler on the Roof**" at the Arts Theatre, Adelaide. The musical, which is set in a small village in Russia in 1905, tells the story of Tevye, a milkman, and his five daughters. Tevye struggles to maintain his Jewish beliefs and cultural traditions as he tries to cope with the strong wills of his three older daughters who wish to marry for love, moving away from the customs of his faith. The Theatre Group have seen many productions at the Arts Theatre and this highly-praised production was thoroughly enjoyed by all.

The Northern Light Company's next musical is "**Annie**". This will be on at the Shedley Theatre, Elizabeth in October.

The Therry Dramatic Society's next production is the dramatisation of Charlotte Brontë's "**Jane Eyre**". This is the story of Jane, sent by cruel relatives to a harsh boarding school. From there she finds work as a Governess at the home of brooding Mr Rochester. Bookings open 25th July. The meeting for Term 3, 2017 will be on Wednesday 2nd August at 11 am.

If you want to meet new people, have a lively discussion about South Australian Theatre and see some fantastic productions please come and join us.

Linda Johnston 82528525

Ramblers

We had four good walks in Term 2. The first was a heritage ramble around Angaston which was very interesting. This was followed by a walk through Mawson Lakes; it was a surprise to many to see how many lakes there are in and around the township. We paused from time to time to watch the bird life and admire the houses and gardens that lined the lakes. The next walk was to Roachdale Conservation Park and it was lovely to see the regeneration of the trees and shrubs after the devastating Sampson bushfires; we saw quite a few kangaroos giving our group curious stares. Our final walk was through Carisbrooke Park to Salisbury; it was lovely and green and our lively group managed the six kilometre walk very well. We were quite cosy by the end of the trail. After all our walks we end up having coffee and/or lunch as we are a very social group too. In Term 3 we have five new walks planned. Thanks to some members who have volunteered to take a walk.

Mike & Jo Riley
82841126 or
0438241752



The Circle of Life

We are looking forward to Term 3, 2017, hoping that you, the members of Gawler U3A, will come along and join us as we continue to share our reflections on the issues, events and people that have helped to make us who we are today: some from the past, others more recent; the happy, the sad, the wondrous and the mundane, and anything else we can think of for our next topic.

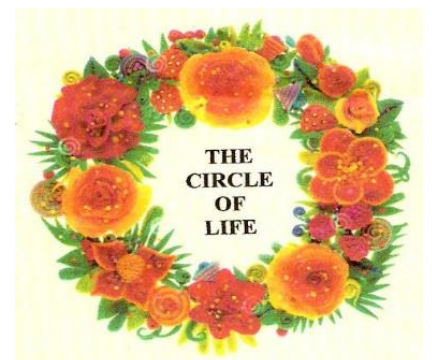
Topics we have put forward for next term include: What great and/or disastrous holidays have you had? What is your cooking history: gourmet, plain or can't boil water? A "show and tell" session. What are your feelings about "end of life care"? The trials and tribulations of moving house, whether across the street, the country or the world. Tell us your stories.

Linda Johnston 82528525

YESTERDAY: We all have a history. Come along and share yours,
be it visual, emotional or humorous

TODAY: Enjoy and share the moment

TOMORROW: We can all have clever thoughts for the future



T'ai Chi/Shibashi

T'ai Chi is commonly practiced for its health benefits. It is based on the idea that the Qi (or Ch'i) is a vital life force. It flows through the body and the amount of Ch'i is closely related to well-ness. From this idea arise various health practices in traditional China, e.g., acupuncture. If a person suffers from stress the Ch'i is blocked. T'ai Chi aims to relax the muscles and allow the flow of Ch'i. This in turn energises the body. If you are not convinced by the Chinese traditional approach, it is well accepted that T'ai Chi does offer a gentle and relaxing form of exercise, which improves balance, breathing and a feeling of wellbeing.

The Thursday 10.30 group begins with some gentle, general exercises, followed by a set of *Shibashi*. *Shibashi* is a set of formalised exercise which no one has to learn; it is a merely follow-the-leader activity. It can be done with any number of repeats. We usually do four. This is followed by a couple of Tai Chi sets then a brief break. We conclude with another T'ai Chi set and *Lotus* (a calming follow-the-leader conclusion). At any time at the break or after, I'm happy to run through individual movements.

Our group is a mix of the old (now depleted) Advanced Group; Beginners still learning in the Tuesday group; and people having previously learnt but have forgotten some/many of the moves. None of us are experts; we just value the exercise, practice and company.

Pauline Barton

**Information about Courses, and Leaders' contact details,
can be found in the Gawler U3A programme**

U3A Room Bookings

Gawler U3A are very lucky to have the Gawler Recreation Centre to hold our courses and events. This was through the efforts of **Tony Piccolo** (Member for Light) enabling U3A to have this venue at very good rates.

Because of the special rates U3A have been given, it is very important that plenty of notice is given to the Centre for Booking or cancellation. This is to ensure U3A have enough funds and a room is available. If not enough notice is given, we can be charged the **full** rate.

Should any member/leader wish to book a room for a U3A purpose, please contact **Diane 0407710903** or email u3aroombooking@gmail.com

Please note, I look at this email address on Mondays only.

U3A are always looking to improve communication with members.

If you have changed your **email** or just obtained an email address please can you let U3A know by emailing u3agawler@gmail.com.

Do you have a new **phone number**?

Please provide us with your contact number when you attend your first activity next term.



From your Editor Diane McGough

There is a **Members' Noticeboard** at the end of the newsletter. At any time should any of you, as a member, like to advertise an item for sale, tell members of special events, news, stories, engagements, etc., please email it to me at newsletteru3agawler@gmail.com depending on space etc (vetting to be done by the Executive U3A Committee).

All submissions for the next newsletter to be received by the editor no later than SEPTEMBER 21st 2017 please preferably by email to newsletteru3agawler@gmail.com but if you have no access to email please ring Diane on 0407710903 by September 21st, 2017

Gawler U3A appreciates the ongoing support provided by **Office of Tony Piccolo** (Member for Light) for supplying printing.

U3A would like to thank all those who volunteer their **Time, Effort and Expertise** in providing activities and services for U3A Members. Without all those volunteers, we would have no U3A Gawler. **A Big "Thank you!"**

Always remember to be polite when sending emails. Never send in anger or send something you would not dare to say in person.

?????? Editor's Quiz ??????

Riddle:- the answer = "name"

Congratulations to Daisy and Lyn who guessed correctly. Congratulations to Beryl who spotted the spelling error. Note there will be no Quiz this newsletter. If you have a riddle/puzzle you would like to submit for next newsletter please email me, Diane by 21st September at newsletteru3agawler@gmail.com or text Diane on 0407710903

Your U3A Committee

Chairperson - Coral Gowland; **Secretary** - Fran Mason; **Treasurer** - Peter Adams
Committee - Diane McGough (Newsletter Editor and Deputy Chairperson)
Sue Stanner, Ray Connor, Jean Connor, Daisy Cussans, Margaret Raggatt

U3A email address: u3agawler@gmail.com

Web site: www.u3agawler.org.au

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Another good site for information about what Gawler has to offer is www.gawler.sa.gov.au then click on Community tab

