



GAWLER, SOUTH AUSTRALIA

NEWSLETTER

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TERM TWO: 30 April 2018—6 July 2018

CHAIRPERSON'S REPORT

Welcome to another great year with the Gawler U3A. My name is Margaret Travers, and I joined Gawler U3A almost 8 years ago, when I joined the newly formed “GURUS” group.

Enrolment Day went really well this year, and we have an overall increase in our membership of 45.

The AGM was held on 14th March, with 49 members present. It was encouraging to see so many members present this year. Our guest speaker, from the St Vincent de Paul Society, was very informative and entertaining.

The new Committee comprises: **Chairperson:** Margaret Travers; **Secretary:** Fran Mason; **Treasurer:** Peter Adams; **Deputy Chair:** Ray Connor; **Deputy Treasurer:** Ann Weiss; **Committee:** Jean Connor, Daisy Cussans, Margaret Raggatt and Berlinda Swyghuizen

We have 4 new groups/activities starting this coming term.

Ivan de Kock is starting a class for people to learn to play a variety of stringed instruments.

The Meditation Class has had a lot of interest from members and will run on Thursdays, 9am to 10.30 am.

A new group, “Friday Forays” will commence this term, to share various activities – more info inside.

Helen from the Friday Craft Group will be running a “Dreamcatcher” workshop on Friday mornings, starting with an information day on the 4th May.

Gawler U3A committee members are also going to be very busy this year.

On Friday May 11th, the **Aging and Disability Expo** will be held in the Gawler Sport and Recreation Centre. Gawler U3A will be having a stall to promote our group to the wider public. Organisers are working hard to coordinate this, and may contact leaders re input.

This year is also the **30th Anniversary of the Gawler U3A**. The committee has started planning for this event, which will be held on Friday 19th October.

Keep this date free.

More information will be available later.

I hope the members of the Gawler U3A have a great year, enjoying the many courses that are available to them. If you have any ideas that you feel might be of interest to the committee, or concerns of any type, please feel free to contact me.

Margaret Travers, Chairperson

0407 602 161.

OUR THANKS AND APPRECIATION TO:

*Tony Piccolo (Member for Light) and his office staff
for their on-going support in the printing of our Newsletter and Programme*

*The staff of Gawler Sport and Community Centre
for everything they do daily to help our courses run smoothly*

*The Council of the Town of Gawler
for providing a venue which can encompass all our activities*

NEW CLASSES Term 2

Ivan's Studio



Learn to play a string instrument

4 or 8 string Banjo - Mandolin - Ukulele

Theory : Reading of Music

Ivan de Kock is a trained music teacher

who will teach you the basics

or take you to diploma level

You provide your own instrument and music hand-book. Ivan will provide the rest (printouts, etc)

CLASSES HELD:

TUESDAYS 2.30 pm to 4.00 pm

Beginning 1st May

MAKING DREAMCATCHERS

This will be a short course held as part of **Friday Craft and Leisure Group**
9 am to 12 noon

Do you have a treasured doily that you would like to display? Or have you seen some at the second-hand shop? Dream-catchers are a beautiful way of showing them off.

INFORMATION DAY:

4th May (any time 9-12)

Bring your doily with you and we can discuss what size hoop you will need and what else you would like to use for decoration.

The course will continue in May for 2-3 weeks, depending on interest.

Helen 0458 387 538



MEDITATION CLASS—Thursdays 9 am to 10.30 am

Meditation is a very personal journey and takes time, practice and perseverance.

We are working on the whole person: mind, body, emotional, spiritual. There will be homework!!!!

OUTCOMES:

- * to feel safe and comfortable enough to experiment and have new experiences
- * to learn at our own pace
- * to learn various techniques and discover those that work the best for the individual
- * have time to ask questions and discuss our experiences
- * to explore, investigate and practise in your own time (that's where the homework comes in)
- * to learn to relax
- * to keep a journal; especially good for beginners
- * to focus on specific issues, mental, emotional and physical for healing (in the privacy of your mind)
- * we will be happier, healthier, more positive and focused folk

The first few lessons will predominantly focus on concentrating the mind. Once we have done that we can then get far more from our Meditation and look forward to successful and positive experiences.

I will also be giving out some handouts, speaking about the history of Meditation, explaining the best I can about what Meditation is and discussing some of the various techniques we can try.

Please wear **loose, comfortable clothes and shoes**. If anyone has any physical problems like bad backs, gammy knees etc please bring along **your own cushions, yoga mats** or whatever you need to make yourself comfortable. We have the luxury of space so if you feel the need to lie or sit with legs straight out we can oblige. Bring **water only to drink**.

For the first lesson please bring a flower or leaf or small object that you can hold in your hand and use to focus on.

Initially, my husband Peter and I will be dividing the group into two. Peter will be taking the group that has some experience and I will be taking the group beginners. Peter will not be available every week so sometimes the group will be one. We look forward to meeting everyone and starting the journey together.

Marilyn and Peter Aigner-Muehler.

FRIDAY FORAYS

These activities will run approximately once a month.
Please check on programme reverse for more info on Term 2's Forays.

- MAY 25 Coffee and Chat at Café Nova, Murray St.
JUNE 15 Mercury Cinema, Morphett St. Meet the director, have a cuppa, then watch the movie "Breath".
JULY 6 Co-op Shopping Centre, Nuriootpa. Drive or Car Pool; time to shop; meet up for coffee and chat
AUG 10 Visiting Author (Margaret Visciglio); Shared lunch; RAA Presentation (*Years Ahead: Road Rules Interactive Quiz*)
AUG 31 Visit Liz Keogh's garden at Sandy Creek. (Liz participates in the Open Gardens Scheme.) Bring a picnic lunch. Drive or Car Pool.

Our final three activities for the year will be: visiting the Lyndoch Lavender farm, a Mystery Bus Tour, and a further presentation by Brett Johnson.

Come and enjoy our new *Friday Forays!*

GAWLER AGING AND DISABILITY EXPO

Gawler Sport and Recreation Centre

Friday 11th May (10 am to 2 pm)

Gawler U3A will have a table to promote our activities, such as the various courses, times, membership fee etc. so **no classes** will be held that day.

We would like a few **volunteers** to sit at the table for a short time to answer any questions & explain what courses are available to anyone who might be interested. Please ring Jean with times you are available.

If any **leaders** would like to have a small table and a display to give people an idea of the activities in their group please let us know so we can give the organizers an idea of how much space we will need.

Jean and Ray Connor Home 85 232409 Mob. 0424 604 240



QUIZ QUESTION. What do these vegetables/herbs all have in common? Kale, radishes, mustard, rocket.

Email or ring Fran with your answer.

@internode.on.net???

Unfortunately, if your email address is with *internode*, we often (but not always!) have problems sending messages to you. I will make sure that each term program and newsletter is received by you, by mail if necessary, but when 20 emails with other information are bounced it's just too big a job to keep re-sending.

I have been in touch with *internode*, but they cannot do anything unless the person with @internode rings with a complaint. That would be hard if you don't know that you're not receiving!

Perhaps you might consider having a second email address, for example, *gmail*, which you could then use for communication with organisations such as ours. If you do, please let us know ASAP. Thank you.

Fran Mason



ARE YOU MISSING SOMETHING?

Have you paid your fees for 2018 but not yet received your name badge? This year you will also receive a lanyard with plastic card holder and a carry bag with logo. Normally we could post you your badge but obviously that's a problem this year.

Please ring Fran on 0421 604 670 so we can arrange some way of getting these items to you. Thanks in advance.

BADGES SHOULD BE WORN AT ALL TIMES DURING U3A ACTIVITIES



LEADER INFORMATION

TAG AND TEST DAY: Monday 7th May @ 1.00 pm

We will be emptying U3A cupboards of all electrical equipment so it can be tested and tagged. If you or one of your class members bring an article from home regularly, please have it accessible so it can also be checked. Queries to 0421 604 670.

NO ITEM SHOULD BE USED AT THE CENTRE IF IT DOES NOT HAVE A TAG

ROOM BOOKINGS PROCEDURE— CHANGES, CANCELLATIONS, etc

U3A Gawler Room Bookings Officer is Berlinda Swyghuizen
ph 0434 485 989 : email u3aroombooking@gmail.com

ALL CHANGES, CANCELLATIONS OR NEW REQUESTS MUST GO THROUGH HER.

Under no circumstances should any member/leader try to organise these through Leanne at the Centre's desk.

If you would like to book a room for a special purpose, please request approval from the Committee. Unauthorised bookings may result in U3A being charged the full 100% fee.

ARTICLES FOR TERM 3 NEWSLETTER

Please send any articles about your class, or other information to Fran at newsletteru3a@gmail.com or phone 0421 604 670

Final date for next term is the last Friday of June (29th)

Friday Craft and Leisure Group

We would like to thank U3A for the smooth transition in joining them. We have been made very welcome. Since joining we have gained some new members and have had from 19 – 27 members attend. Everyone is certainly very happy when you go around the room. Members are all happy to help, as the new setup with regards to the changes from last year seems to be working well. We have biscuits available for purchase when they have their cup of tea or coffee.

We started the first term with the same crafts offered as last year, consisting of a Multifunction group that includes knitting, crochet, colouring in, needlework, card-making or just having a chat. The Teddy Bear table has had a new member; also they have on their table a Jigsaw group. The Pastels table have increased numbers by four and all appear to be enjoying their new group. Our Card-making table also increased in size with two new members.

Helen Hillard will be offering a short class in Making Dreamcatchers this term. We welcome anyone who would like to attend.

Noreen Hodgson

Fun Games Afternoon

We like to exercise our brains while having fun in a friendly atmosphere. We have a variety of board and card games from which to choose, with time for a cuppa and chat mid-afternoon. You will be made very welcome and enjoy friendship, laughter and brain training. Held fortnightly.

Joan Collett

Harmonica

The Harmonica players continue to have fun and make progress in their playing. More members are welcome. No previous experience required.

Alan Gill 0400 459 575

Jam Session

The Jammers play a variety of stringed instruments as well as accordion, keyboard, harmonica and percussion. The music comes from several different genres including Country, Bluegrass, Rock, Irish and Folk. Tunes as well as songs are part of our repertoire.

The Community Songbook is made up of some of the old-time themes enjoyed by Nursing Home residents, who are keen to join in the singing.

We have experimented with different styles including strumming, picking and melody playing and look forward to doing 'something different' now and then. Members join in to suit their own comfort level and encourage each other along the way.

New players and singers are always welcome.

For more information ring Ann on 0415 663 041

Mah Jong

Mah Jong took off to a flying start this year, welcoming back 21 regular members. Since then we have been joined by a further 6 beginners who are all doing well and, I hope, enjoying their Friday mornings with the group.

Re potential new members to our group. May I suggest that while you will always be most welcome, if you can please try to **join us at the beginning of a term** as it is difficult to give full attention to beginners when they start weeks apart.

If you would like to come and try this fun but challenging game or would like more information I can be contacted on 0416918230 **Jenny Young**

Ramblers

We are a large, friendly, social group who meet fortnightly on Mondays and love to walk. Through each term we try to incorporate a variety of walks: country, beach, gardens and historical. Some local walks are only half a day whilst walks using public transport or members' cars can take up to mid-afternoon.

The first walk this year was a visit to Roseworthy Agricultural College where the group was taken around and found it most enjoyable and informative. Our second walk was in Hahndorf after visiting the Beerenberg Farm Shop where some purchased jams etc. For our third outing we had a beach walk from Largs to Semaphore, a new one this year and enjoyed by all.

Our final walk will be at Thorndon Park Reservoir for a picnic, which will be written about in the next newsletter.

For New Members to consider, we choose walks to suit the time of year, we cannot walk in high temperatures so make them shorter and choose longer Country walks in the cooler months. Keeping in mind our current age group, we do not want to discourage or "kill them off" by walking too far!

Jo Riley, Leader



Scottish Country Dancing

A fun way of getting exercise without realising it! We are a small, very friendly group and would make you very welcome. Our music makes you kick up your heels and dance. It doesn't matter if you haven't tried it before and you don't need to bring a partner. Come and try it on Tuesdays at 2-4 pm. For more information ring me on 8523 5006. Jacqueline Lerwill

Scrabble

The Scrabble group meets weekly for a session of friendly games—we have dictionaries and lists of Scrabble-approved words, but play for enjoyment rather than serious competition. Anyone with spelling or other problems will find someone leaning over their shoulder to help. It's an excellent and painless way to keep the grey cells ticking!

Daisy Cussans

Tai Chi

Tai Chi is a set of gentle exercises based on martial art. The movements are non-aerobic and low impact, but assist flexibility, balance and breathing. Tai Chi is recommended for people with arthritic joints. It is relaxing and not physically demanding but concentration is essential.

There are three levels of Tai Chi at U3A Gawler:

Tai Chi Continuing: Tuesdays 10.30 (Maggie Cope)

This course carries on from the Term One course *Beginners Tai Chi*. No new members can now join unless they have done it before. The current class has been the largest ever, which is very gratifying.

Tai Chi Intermediate: Wed 10.30 (Sue Stanner)

This is a popular class with some long-term participants but newcomers are always welcome.

Tai Chi/Shibashi: Thursday 10.30 (Pauline Barton)

Shibashi is a set of formalised exercise which no one has to learn; it is a merely follow-the-leader activity, with any number of repeats. We usually do four, followed by a couple of Tai Chi sets, then have 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 am happy to run through individual movements.

Beginners from the Tuesday group and people having previously learnt but who have forgotten some/many of the moves are amongst our number. None of us are experts; we just value the exercise, practice and company.

Gawler Ukes

2018 is looking like an exciting year for Gawler Ukes. The group is growing, with a number of beginners having joined (and been welcomed and helped by) the group. They have already started learning more by osmosis. This year we will be adding a lot of new songs to our repertoire, giving us new challenges. Some songs will be easy, some harder, and some will be novelty songs.

March 27th was our first 'gig' for 2018 at Trevu Nursing Home. About 20 of our members entertained the residents, which was great fun. We were dressed up in colourful outfits—it was quite dazzling.

New songs have been added to the 'gig' list. It's always nerve-racking for the first time we perform them for a new audience.

Bruno Mars, when asked how he became so good, said "PRACTICE, PRACTICE, PRACTICE"!

Looking forward to seeing all next term.

Diane McGough (Leader)

email: gawlerukes@gmail.com PH. 0407 710 903



Beginners Ukulele

It was lovely to have seven new beginners to Beginners Ukulele this term. From not knowing how to tune a ukulele to being able to play/strum and sing a song in FIVE weeks was a great achievement. I thoroughly enjoyed teaching and enjoying their progress. **Congratulations to them all.**

Some have also graduated to Gawler Ukes and may even go on to other Ukulele groups.

Previous Ukulele Beginners are now becoming very proficient and have ambitions of being even better ukulele players, doing finger picking and even learning to play other stringed instruments.

From small beginnings to more music !!!!!!!

I am not sure when the next Ukulele Beginners will be I will keep you posted. Thanks to you all.

Diane McGough (Ukulele Beginners Teacher / Leader of Gawler Ukes)

Email: gawlerukes@gmail.com Ph 0407 710 903

Les Kemp : 1926—2018

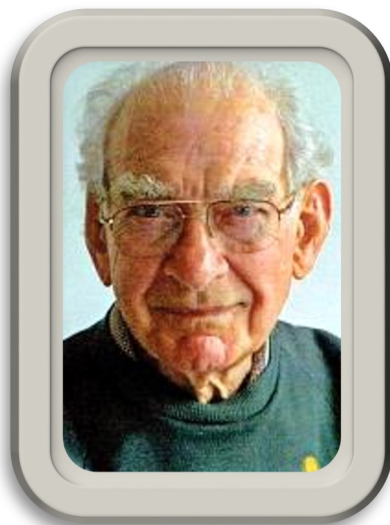
I met Les a few months after U3A started and served on the committee with him for a number of years.

We would meet at his home and have a lively time planning courses etc. He had such a wide knowledge and ability to see what was needed, plus a great sense of humour.

He was instrumental in helping to draw up the constitution, in writing articles on U3A for 'The Bunyip' publicising our courses, and generally getting U3A off to a great start.

The courses he offered were inspiring. It was a privilege to have known him.

Maggie Cope



Trained as a Maths and Science teacher, Les Kemp retired from his position as a much-respected High School Principal, but never from his role as an educator.

U3A Gawler began in 1988, and Les took on the role of Chairperson not long afterwards. He was Chair in 1989-1990, 1994-1998 and 2001-2004. He and his wife Joan were so involved in U3A Gawler, as committee members and group leaders right from the start, that it wasn't long before they were dubbed "Mr and Mrs U3A" by a *Bunyip* journalist.

Les's courses included one on *English, British and British Colonial History*, run from 1988 to 2008 with no talk ever repeated! Others included German, French, Italian, Understanding Weather, Tai Chi and the Discussion Group, as well as a range of short courses or one-offs on the English Language, Religion, Meteor-

ology, History and Geography. First to be awarded Life Memberships in 2009, Les and Joan continued to lead courses at home until they moved from the area in late 2016. Les passed away in early 2018.



Mike Riley

1943—2018

I came to know Mike in the U3A **Ramblers Group**. Mike became the Leader (with Jo, in mid 2013) as he knew a lot of walks from his Scouting background. If I had to write a story of "The life of Riley" it would be pages long! He was a man of strong character and worthy of a lot more than I have written.

Mike and Jo came to Australia over 50 years ago to start their married life here in South Australia. Mike was a Dental Technician and also drove a taxi many nights of the week so they could finance a home of their own here. He also was a man who would not expect handouts, and was prepared to work long and hard hours to support his wife and family. He will be remembered for his wit and character, and sorely missed by all who knew him. Colin McCracken.

The **U3A Discussion Group** was shocked and saddened when told about the sudden and unexpected passing of Mike. Mike was trained in England as a dental technician and continued in his chosen career after arriving in Australia until his retirement approximately 50 years later. He was a devoted family man who was heavily involved in voluntary work with the Boy Scouts. In 2014 he accepted the role as Team Leader of the Discussion Group (with Peter Ryan, continuing on alone from Term 3, 2016). He will be remembered as an enthusiastic, humorous person and a man of integrity and opinions. Mike and his wife Joan supported each other in U3A activities – he was also a Team Leader with Joan in the Ramblers Group. He will be missed by all members of the Discussion Group. RIP Mike Riley.

Jenny Dorsett, Team Leader, Discussion Group

GAWLER FRINGE—JANUARY 2018

Once again Gawler U3A was represented at the Gawler Fringe by some of our Ukulele players. A lot of hard work in a short time saw us acquit ourselves very well. We enjoyed ourselves and received positive feedback from the audience. We played some songs we were familiar with and some new ones for added interest. We are looking forward to the 2019 festival.

Linda Johnston



Technology of Today

We would like to thank Brett Johnson for offering the above course to U3A Gawler and presenting it fortnightly over the past term. Between 15 to 40 members attended the sessions, with topics ranging from Smart Phones and Computers, to using Facebook, Skype, Google and Internet Banking. Brett says he has learnt and gained much from the experience himself. "Your members have been very engaged students and I hope to have passed on some knowledge of technology's seemingly esoteric concepts." **We are planning to include another 'one-off' session with Brett later in the year.** Be on the lookout in future newsletters and programmes.

I have been a dinosaur where Technology is concerned and am very grateful to Brett for bringing me into the 21st century. I have learnt a great deal including internet banking and most importantly how to spot a scam, since I was the unintentional victim of one last year: that lesson cost me \$400. My sincere thanks to Brett for his patience and guidance and should he do a further course I will definitely be there. JENNY

Brett's Technology course has given me more confidence to cope with technology which I was sadly lacking before. His encouragement to keep trying and experiment is helping me make progress with my iPad.
JOAN

Some U3A members are taking advantage of the **495 On Demand bus** to get to and from their U3A activities. Perhaps you might be able to as well. (See back page for map.)

Gawler & regions **495 ON-DEMAND bus service** operates at the following times:

Monday to Thursday

6.00am—7.00 pm

Friday

6.00am—10.00 pm

Saturday

9.00am—10.00 pm

Sunday

9.00am—3.00 pm

Drivers will pick up and set down passengers at any bus stop in the orange shaded area on the map.
* Anyone living within 500 metres of the fixed routes services, must catch the fixed route services during their hours of operation, unless a medical exemption is provided.
* Anyone living greater than 500 metres from the fixed route services are eligible to catch the **495 ON-DEMAND bus service** at any time between its hours of operation.
* If you have a medical travel exemption an alternative pick up and set down location can be arranged.
Call SouthLink on 1300 642 604 at least one hour prior to your required trip to book your service.

YOUR 2018 COMMITTEE

CHAIRPERSON: Margaret Travers : TREASURER: Peter Adams

SECRETARY/NEWSLETTER EDITOR: Fran Mason 0421 604 670 : u3agawler@gmail.com

ROOM BOOKINGS: Berlinda Swyghuizen 0434 485 989 : u3aroombooking@gmail.com

COMMITTEE: Jean Connor, Ray Connor (Deputy Chair) Daisy Cussans (Refreshments), Margaret Raggatt, Ann Weiss (Deputy Treasurer)

495 ON-DEMAND bus service

Gawler & regions

