

TERM FOUR OCT 16th – DECEMBER 15th 2017

TERM ONE 29th JANUARY 2018 – 13th APRIL 2018



Your Chairperson's Report

Once again Term 3 has been a busy time for all groups. As is expected during the winter months attendances have dropped slightly, mainly due to those pesky illnesses that plague us during the winter months. Hopefully, now that Spring is trying to arrive we will see most of our members back in the swing of things.

On Monday 18th September approx 40 of our members met up with members from U3A Yorke Peninsula for lunch at the Gawler Arms Hotel. It was lovely to spend time with this very friendly group to chat and share ideas. Huge thanks to our Secretary Fran for all the effort put into organising this very successful event.

U3A Mt Gambier will be doing a field trip to the Barossa in October, and we will also meet up with them for dinner in the evening.

Looking forward to another exciting, fun-filled Term 4.

Thank you to all the committee and leaders for your hard work and commitment to U3A Gawler.

CORAL GOWLAND
041 2481015

Your U3A 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 Raggat

Gawler U3A appreciates the ongoing support provided by the
Office of Tony Piccolo (Member for Light) in 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.
Thank you!

“REGISTRATION DAY”

Wednesday 10th January 2018

10 am to 12 noon

at Gawler Sports and Recreation Centre

\$25.00 registration covers all activities
(If you can, please have the correct monies)

New members welcome

Enquiries please contact by phone or email
0421 604 670 or u3agawler@gmail.com

New U3A Term starts Mon. Jan 29th, 2018

New course for Term 1 2018 will be
Beginners Ukulele

New course for Term 2 2018 will be
Beginners Ballroom Dancing

Current Activities

Bell Chimers
Book Club with a TWist
Chair Dancing
Creative Writing
Computing Help Desk
Craft Circle
Discussion Group
Fun Fixing Fotos
Fun Games afternoon
Harmonica
Intermediate Tai Chi
Jam Session
Mah Jong
Ramblers
Scottish Country Dancing
Scrabble
Shibashi/Tai Chi Practice
Tai Chi Continuing
Theatre Group
Ukulele (Gawler Ukes)
Writing your own life story

NEW COURSE STARTING IN TERM 4 2017 -- CRAFT/CHAT GROUP

The newest U3A Gawler group will begin in **Term 4 on Wednesday 18th October.**

The "**Craft Circle**" will be meeting **every Wednesday from 1.30 to 4 pm** in the **Studio** at Gawler Sport and Recreation Centre, with Fran Mason and Linda Johnston as leaders.

The first meeting will include discussion on people's interests, expectations and possible roles as we go forward (e.g. rosters for setting up, morning tea, etc).

We envisage it as being very unstructured to begin with, with interested members bringing handwork from home to work on. Members who would just like to come along to see what others are doing and have a good chat, will be very welcome.

Some people who are not interested in working on a project of their own have shown an interest in knitting squares for charity blankets. This voluntary aspect could become an integral part of our activities.

As the weeks progress it is possible that people may like to participate in "show and tell", or if they are happy to do so, to do a session introducing/ teaching their craft/speciality to those interested.

To add a further dimension to our afternoons, we will be incorporating Linda's **CIRCLE OF LIFE** activity every second Wednesday. Most of this current group are intending to join the Craft Circle. The topic of the week will be advertised the previous Wednesday and of course, everyone will be welcome to join in with the discussion.

The Studio is quite spacious, so all interested parties are welcome, as are any suggestions you may like to put forward. Fran and Linda

0421604670 franmason01@gmail.com

FROM YOUR EDITOR DIANE MCGOUGH

There is a **Members' Noticeboard** at the end of the newsletter. At any time should a member like to advertise an item for sale, tell members of a special event, news, stories, engagements etc please email it to me at u3anewsletter@gmail.com. (Depends on space and vetting by the Executive U3A Committee.)

All submissions for the next newsletter to be received by the editor
no later than DECEMBER 1st 2017

preferably by email to u3anewsletter@gmail.com
but if you have no access to email please ring **Diane on 0407710903**.

U3A are always looking to improve **communication** with members. If you have changed your email or just obtained an email address please let U3A know by emailing u3agawler@gmail.com

As the U3A is always looking for **new members**, if you know of anyone who is looking for something different to do, encourage them to join the U3A.

Please seriously consider a role on the Committee

so that U3A Gawler can continue to be a successful community organisation.
If you would like to discuss the role of a committee member or an executive role
please contact any committee member or email u3agawler@gmail.com

More hands less work

Gawler U3As web address is www.u3agawler.org.au

(We do like to keep the website up to date but sometimes we encounter technical difficulties)

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

We are very lucky to have the **Gawler Sport and Community Centre** to hold our courses and events.

Through the efforts of **Tony Piccolo** (Member for Light) U3A Gawler have this venue at very good rates. Because of these special rates, it is very important that plenty of notice is given to the Centre for **booking or cancellation**. This is to ensure U3A Gawler 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**.)

A Message From your Secretary Fran Mason

Approximately one third of our membership does not have access to the internet; newsletters and programmes are posted to them each term. There may be some times during the term, however, when we would like to get in touch with as many members as possible for a specific reason.

Emails are our first port of call. However, we realise that some people still do not receive messages, for a number of reasons, e.g, going on holidays. Emails to some **Internode** customers, as well, often bounce back to me en masse, but from different people each time!

If you have a friend/fellow member who you know has no email address, please feel free to ask them if they've heard a certain piece of information. If you are that member, you could arrange with a friend to pass information on. (Messages have been sent to those with **mobiles**, but I have found it a very time-consuming exercise which I would prefer not to use unless absolutely necessary.)

I would like to thank the **Group Leaders** who have been asked several times this past term to pass on information or news to their members, or other leaders, who have no internet. This is obviously the easiest way to inform membership, and we will continue to do so, but it only works if members are attending regularly. (If a particular leader needs to get in touch with his or her group urgently themselves, they have access to your mobile or phone number when necessary.)

We would also like to utilize the **pinup board** (opposite Room 3 and the toilets) at the Centre more often. Please make a point of checking to see if there are any new notices which might be of interest to you.

If you do decide to open an email account (even if it's just on the public library's computers - **gmail** accounts are easy to organise), or have changed your phone details recently, please pass the information on to the Secretary or your group leader asap.

All the best for Term 4,

Fran Mason (Secretary)

0421 604 670 u3agawler@gmail.com

WINDOW DISPLAY AT TONY PICCOLO'S OFFICE



Tony Piccolo, a big supporter of Gawler U3A, gave us the opportunity to have a display in his office window promoting adult education. A big thank you to Tony Piccolo and his staff.

Leaders' Articles

The Circle of Life

Term 4 will see **The Circle of Life** start a new phase. This term will see us incorporated every second week into the newly introduced **Craft Circle**. The hope is to continue as we have in the past but encouraging more participants.

This group was started by Arthur Davies as **Show and Tell**, in 2009. Laurette Parkinson was leader in Term 1, 2010; Trudy Jehle then took over in Term 2, 2010. In Term 2, 2011 the name was changed to **Yesterday, Today and Tomorrow**. The change to **The Circle of Life** took place in Term 1, 2012.

After the death of Trudy in 2016, I took over. Sadly, more deaths, illness and lifestyle changes saw our numbers decline, though we did have two new members join in Term 3, one of whom was Fran. Fran's idea for a craft group and the need for a suitable time and date gave rise to the idea of incorporating the two groups for a term and gauge the response.

You can choose whether you want to be crafty, chatty or both. We will 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.

Linda Johnston 82528525

Fran Mason 0421604670

The Jammers started the term with a Singalong at "Smithy's", Munno Para.

The audience joined in the singing with great gusto and waving of flags.

Then it was all stops out to practice for the end of term concert. We all had a great time and concluded that it was a resounding success. Of course, that can only happen when the members work very hard, not only to make music but to do all the jobs, small and large, that need to be completed leading up to and on the day itself. So, a big thank you to all the Jammers for their part in making us proud of your efforts.

We also acknowledge the help given by other U3A members. We appreciate your giving of time and effort on our behalf.

There were a number of enquiries about joining the music programs so hopefully we will see some "newbies" next term. The session will be led by Michael Slocombe in the first 2 weeks of next term and I know he will receive your support.

Keep strumming, picking, singing, humming: whatever you do to put music into your life!!!!!!

Contact Ann Weiss 0415663041 for more details



Book Club with a Twist

The two meetings for the Book Club in Term 3 introduced us to a diverse range of authors, titles and genres. We also welcomed two new, enthusiastic members, who brought with them different interests and reading experiences to share and explore.

In August we each revealed our chosen Australian Authors and one or two books they had written: Geraldine Brooks' *Caleb's Crossing* and Fiona McIntosh's *The Lavender Keeper* (Historical Novels); Di Morrissey's *A Distant Journey* and Tim Winton's *Cloudstreet* (Australia-based Fiction); and Tony Shillitoe's *Andrakis* trilogy (Fantasy).

Our September meeting, with books set in Africa, Asia or the Americas, saw more Historical Novels (Bernard Cornwall's *The Fort*, set in the Commonwealth of Massachusetts during the American War of Independence, and *The Empire of Darkness* by Christian Jacq, about an Ancient Egyptian queen.) We were also introduced to Corinne Hofmann's autobiography set in Kenya, *The White Masai*, and the Columbian Gabriel Garcia Marquez's novel of magical realism, *One Hundred Years of Solitude*. Discussion carried over into the importance of the translator's skill with regard to the two latter books.

Some of us have found it a challenge to finish reading our chosen titles, for quite different reasons, but we have all persevered. Our next meeting will be on **November 9th**, giving us some extra time to work through our choices. Our task this time is to select and read an **autobiography, memoir or journal**. New members are always welcome.

Fran Mason 0421 604 670

Ramblers

In spite of the extremely brutal, cold Winter we had through Term 3, we managed to have our walks without being rained upon and a large turn up of our members, which shows how keen they are (and they are a wonderful, friendly group of people). The new walks our volunteers took us on were very enjoyable and took us to areas we had never been to - always good to have new varieties. We look forward to four more interesting walks in Term 4 and a lovely Christmas break-up Lunch at the end.



Mike and Jo Riley. 82841126

Gawler Ukes. I have been leader of Gawler Ukes since the beginning of this year and I would like to thank all those who have helped me along the way.

It is lovely to have a great bunch of Ukulele players who come along to enjoy playing and singing a variety of songs, some easy and some challenging, but everyone has a go.

In August a lot of our Gawler Uke members, as well as other U3A members, went along to Kapunda U3A to help them celebrate their 10th anniversary. Everyone had a lovely time.

Gawler Ukes also enjoy going to nursing homes to entertain the residents.

Next term we will be learning more songs, again some easy and some challenging.

The Gawler Ukes' Motto is "Be There and Have a Go!"

All enquiries please contact **Diane McGough** at u3auke@gmail.com or 0407710903

CHRISTMAS TIME WILL BE WITH US SOON

OUR CHRISTMAS BREAK-UP will be with us sooner than you think.

Last year we asked members to donate a present for the Salvos to give to a child. We would like to ask you to do the same again this year. Please bring your present to the U3A Christmas party on **Wednesday, December 13th at 11.00 a.m.**

**Can you please have the present nicely wrapped and write whether it is for a boy or girl and suitable age group.
Thank you.**



A U3A MEMBER'S INSPIRING ACHIEVEMENT

Interview with June Evers, a Member of Gawler Ukes

Hi June, what inspired you to start losing weight?

I started losing weight when I found I was pre-diabetic.

When did you start to lose weight?

I started seriously about 7 months ago.

How long did it take for you to get to your desired weight?

It took me 6 months to get to my desired weight.

What sort of diet were you on?

I started and still am on a Diabetic Diet.

What sort of food was it important for you to avoid?

I needed to cut out FATS, MOST SUGARS, CRISPS, and MEAT PIES.

What was the hardest part on your journey to achieving your desired weight?

The hardest part was not being able to eat meat pies and rich cream cakes!

What foods help you to keep on the straight and narrow?

I am able to eat salmon, green vegetables and diabetic apricot cheese cake, all of which I love.

*How does your family feel about the **NEW YOU?***

My family are very happy for me for achieving my weight goal and being healthier.

*More importantly, June, how do YOU feel about the **NEW YOU?***

I FEEL FANTASTIC!!

Thank you very much, June. Most interviews about losing weight show before and after photos, (not this interview) - it's the results that are important and to know it's possible for all. CONGRATULATIONS!!
(You will probably see June at the Xmas Party.) (Diane McGeough - Editor)

MEMBERS' NOTICES

Unfortunately we have a few sympathy messages to send with this newsletter



U3A members would like to send their heartfelt sympathy to Shirley Lucas and her family on the loss of **George Lucas** in August this year.

We were also saddened to hear of the loss of **Roy James**. Our sincere sympathy and thoughts go to his wife Pat and their family.

Deepest sympathy goes to the family of **Jean Barton**, who also passed away in Term 3.

Malcolm MacDonald passed away in September and we send his family our fondest thoughts and sympathy.

It is a sad time when U3A put these notices in the newsletter. George, Roy, Jean and Malcolm were all highly valued members of U3A and they will be sadly missed.

