



GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

PO Box 1581 GAWLER SA 5118

www.u3agawler.org.au

u3agawler@gmail.com

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TERM THREE, 2020: JULY 20th to SEPT 25th

CHAIRPERSON'S REPORT

Hi everyone,

I Hope you are all ok and have been busy. Me, well I cleaned out cupboards and drawers. I did some knitting for Holly's Rescue for Senior Dogs. (I have a little one from there and the other was a family rescue.)

I did some pencil work on colour books.

For Mother's Day my grandson bought me a new craft (or at least to me) in wax. You have a black wax board and a stylus. There is a pattern in blue; you follow the lines with your stylus and it reveals a beautiful coloured picture underneath the wax layering. An added bonus—if the sun or light shines on it, it glows gold!

Managed a bit of gardening, (pots only for me), before it got too cold and wet. My son-in-law has taken me on a few runs in the car - round trips; no getting out. They were a lovely break.

Fran, our very busy Secretary, has me informed as to what is going on regarding the C19 virus affecting us at U3A during shutdown. Fran has been very busy with lots of forms to fill in, etc. We are making progress towards opening again for Term 3 but the future is still difficult to predict as things seem to change from day to day. You can be assured that you will be kept up-to-date if anything changes. In the meantime, please read the COVID-Safe plan that we have been required to set out. I received a phone call this week that made me quite sad. Lorraine from Bells and Fun and Games, one of the founder members, is retiring as she is not too good health-wise. She tells me she has played with this decision for quite a while and now feels it is the right time. On a personal level I will miss her very much; she is a great friend and we have had some great times all together. I know you will all join me in wishing her all the very best now and into the future.

We would also like to send our sincere condolences to Val Rappold from Line Dancing (and Scottish Country Dancing before that), who has just lost her life-long partner of 50 years.

The sun is shining (still a bit cold); much appreciated after all the rain. Hopefully our next newsletter will be about our great activities and the stories you have to share from this coming winter/spring term at U3A.

It has been difficult for those of us who live alone but worth it in the end. The isolation has kept us all safe and that is all that matters.

Just going to take the dogs for a walk, or are they taking me?

Looking forward to seeing everyone raring to go to classes, and of course the great company. Keep well and safe.

Marie (Chairperson : 0419 828 795)

GROUPS & LEADERS

* NEW

* Art Class—*Imagine*

Jan Abel—0417 896 483

Beginners Guitar

James Cruz 0400 424 364

Bell Chimers

Joyce Fox 0421 334 042

Bluegrass Banjo and Beyond

Derick Winterbottom 0418 828 274

Book Club with a Twist

Fran & Graham Mason 0421 604 670

* **Bridge (Learners)** : Mick Koziol

Chair Dancing

Jacq Lerwill 8523 5006

Craft Circle

Fran Mason 0421 604 670

Daisy Cussans 8522 4738

Creative Writing

Deanne Lecerf 0418 662 882

Discussion Group

Jenny Dorsett 0400 195 394

Friday Craft and Leisure

Noreen Hodgson 0417 844 384

Friday Forays

Fran Mason 0421 604 670

Margaret Travers 0407 602 161

Fun Board and Card Games

Joan Collett 8522 5681

Gawler Ukes

Alan Vine 8255 0897

Harmonica

Alan Gill 0400 459 575

Jam Along

James Cruz 0400 424 364

Line Dancing

Berlinda Swyghuizen 0434 485 989

Mah Jong: Sue Stanner 0402 406 704

Ramblers: Jo Riley 0438 241 752

Scrabble: Daisy Cussans 8522 4738

Shibashi/Tai Chi

Pauline Barton 8525 4126

* **Sjoelen (Dutch Shuffleboard)**

Fran & Graham Mason 0421 604 670

Tai Chi Continuing

Maggie Cope 0427 324 879

Tai Chi Intermediate

Sue Stanner 0402 406 704

Write Your Own Life Story

Arthur & Judith Davies 8523 5694



YOUR 2020 COMMITTEE

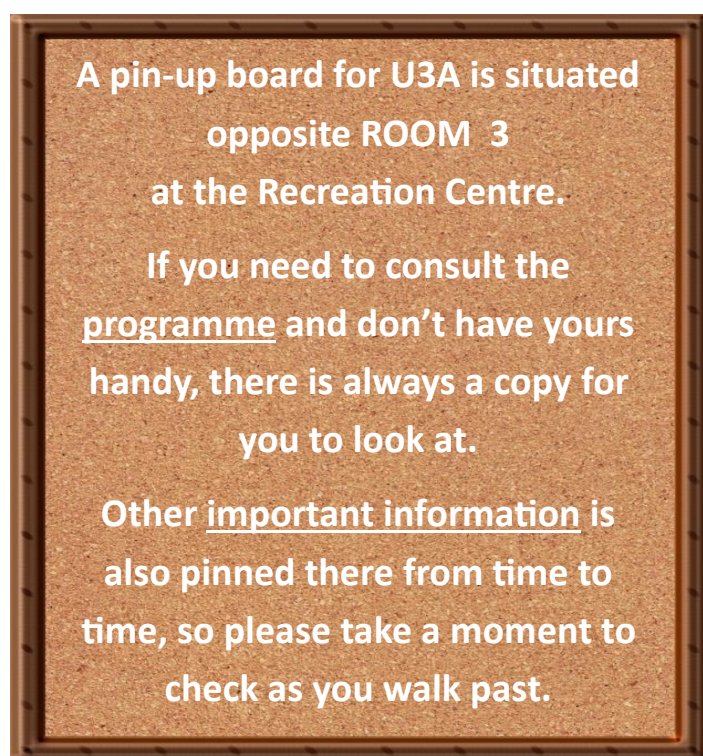
CHAIRPERSON: Marie Wilson
TREASURER/PUBLIC OFFICER: Peter Adams

SECRETARY/NEWSLETTER/
ROOM BOOKINGS: Fran Mason 0421 604 670
 u3agawler@gmail.com :
 u3aroombookings@gmail.com

MINUTES SEC./WEBSITE COORDINATOR :
 Jill Richard 8522 6140

CATERING: Marie Wilson
U3ASA DELEGATE: Margaret Travers

COMMITTEE MEMBERS: Linda Johnston,
 Margaret Raggatt, Kim Rainsford, Ann Weiss



LEADER INFORMATION

ROOM BOOKINGS PROCEDURE— CHANGES, CANCELLATIONS, etc

U3A Gawler Room Bookings Officer is
 Fran Mason **Ph 0421 604 670 :**
email u3aroombooking@gmail.com

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

Under no circumstances should any member/leader
 attempt 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 4 NEWSLETTER

Please send any articles about your class, or
 other information to Fran at
 u3agawler@gmail.com or phone 0421 604 670.

Final date for next term is
FRIDAY 18th SEPTEMBER



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*

U3A GAWLER

Our COVID-Safe Plan

Remember that U3A members are more likely to be in the higher risk category if contracting a COVID infection, so we will need to look after ourselves and our colleagues by taking special care to observe safe practices.

- ♦ **STAY HOME IF YOU FEEL UNWELL.**
 - * Seek testing if you have cold or flu symptoms
 - * Cover coughs and sneezes

- ♦ **PHYSICAL DISTANCING (1.5m)**
 - * Especially important where there may be a build-up of people, e.g. in doorways.
 - * Tables will be 1.5 metres apart, with people spaced accordingly around them.
 - * When activity finishes members to leave straight away—no mingling in corridor, etc.

- ♦ **SIGN-IN SHEET:** Leader/helper will tick against names—no initials required. To be kept readily available for COVID tracing if required.

- ♦ **WASH YOUR HANDS OFTEN; WIPE FREQUENTLY TOUCHED SURFACES**
 - * Use sanitizer provided on entering and leaving room and between activities.
 - * All items used are to be wiped clean before/after activity.
 - Games pieces; music stands; electrical equipment
 - Cupboard doors when returning items.
 - Chairs (including backs where handled), tables, other surfaces (using spray and cloths provided by Centre)
 - Each person (if able) to wipe their own chair before putting it away

- ♦ **REFRESHMENTS**
 - * Tea, coffee, etc will not be provided. Members to bring their own (water bottle, flask, etc)

SHARE THE LOAD—SUPPORT YOUR LEADERS

WELCOME BACK TO U3A GAWLER!

NEW CLASSES

SJOELEN (Dutch Shuffleboard) (Fran & Graham Mason)

We are pleased to announce the start of this new activity, using four boards purchased via a grant supplied through the SA Government Office for Ageing Well/Department for Health and Wellbeing's "Grants for Seniors" programme, after a favourable response to our call for expressions of interest.

It's great for everyone, including those who are unsteady on their feet, as it can be played sitting down. At the same time, it's good for hand-eye coordination and upper body movement, as well as being just plain fun and very addictive! It's simple to learn, but there is some strategy involved as well.



Players take turns attempting to slide as many pucks as possible through the arches at the other end of the table, taking three 'sub-turns' to use up their pucks. The arches are numbered 2,3,4 and 1 and each puck landing through a slot adds to the total score. However, if you get an equal number of pucks in each section the score doubles!

Each board will be placed on a separate table, with one person playing the game (sitting or standing); another at the other end as scorer; and up to two others (one on each side) as spectators, all moving from one position to the other throughout the session. As we also have our own board, that will allow for 20 members to be involved at any one time, (with physical distancing also being maintained). If more people join we can of course run more than one session.

Scores will be taken so that players can see how they are progressing each week.

If you think you might be interested and have not done so already, please ring Fran on 0421 604 670.

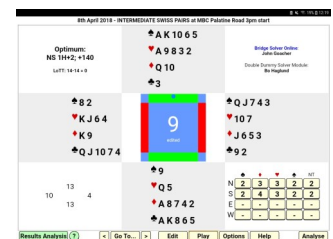
OUR FIRST SESSION WILL BE ON FRIDAY 24th JULY at 1.30 pm at the Rec Centre



BRIDGE FOR BEGINNERS (Mick Koziol)

This class was due to begin in Week 8 of Term 1, but of course was hijacked by the Coronavirus. Mick is happy to get started again, at the **Recreation Centre**, this time in Week 5 of Term 3, i.e.

WEDNESDAY 19th AUGUST from 1.00 pm to 3.00 pm.



Mick is a member of the Gawler Bridge Club, and has taught many new members to play the game. **Lessons will take a total of 12 weeks: Weeks 6-10 in Term 3 will consist of instruction/learning/practice and Weeks 1-6 of Term 4 will be basic Bridge practice using a Cheat Sheet.**

Students will need to purchase the textbook *Paul Marston's Introduction to Bridge* which is provided at a discount courtesy of the Gawler Bridge Club.

The \$15 payment also includes automatic membership of the Club (which meets at the Elderly Centre on Fourteenth Street one afternoon and one evening per week).

The game is played in pairs, so is ideal for couples to learn, but individuals are of course welcome to join, pairing up with another single for practice sessions.

**TO CONFIRM NUMBER OF INTERESTED PLAYERS,
PLEASE REGISTER WITH FRAN ASAP - 0421 604 670**



MEN'S GROUP

??("Random Old Men Eating Out Sometimes")??

A suggestion has been made that some of the men who belong to different groups might like to meet and get to know others in an informal manner.

INTERESTED?

Email or message Fran
(0421 604 670 or u3agawler@gmail.com)

****We have a number of men already interested, and a possible coordinator, but to get things started we would need someone willing to keep the list of names, etc., and help to organise the first meeting where more decisions can be made.....nothing onerous or too official.**

Please let me know if you can help in this way. **

DRAWING CLASS : "Imagine"



I have been keeping in touch with some of Murray's art class members over the past few weeks and they have commented on their dismay at losing the art class completely. I have been thinking about this and wonder if some of the art group and/or other U3A members might like to still have the group on Monday afternoons. We could decide on a theme together for each week and praise, critique or comment on each other's work. I would like to call the class "Imagine" - a favourite song of Murray's, and appropriate as we carry on his class, imagining him helping and ourselves as great artists, which we are.

I am happy to take responsibility for the group, re being custodian of the key and in/out signature, etc. Maybe we can start with just one **3 hour session in Week 1 (1-4 pm)** and see what happens from there. Looking forward to hearing from you.

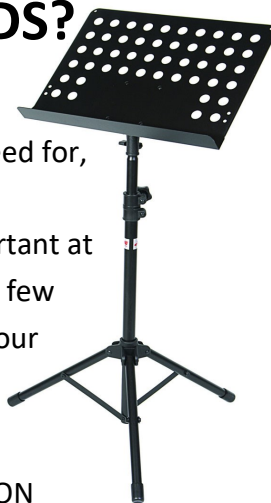
JAN ABEL (jan11357@gmail.com : 0417 896 483)

SPARE MUSIC STANDS?

Do you have a spare music stand at home that you no longer have any need for, or are willing to loan to us?

With social distancing being so important at the moment, we would like to have a few stands on hand for whenever one of our music groups has a new member turn up, for instance.

Please get in touch with MARIE WILSON
(0419 828 795 or mariew49@bigpond.com) if you can help. Thank you.



HELPFUL TIP

Compost all food scraps
in the green-lid bin



Ph: 8259 2100
www.nawma.sa.gov.au

FRIDAY FORAYS

**There will be only one Friday Foray this term—
the second in the series of talks presented by Arthritis SA
“Better bone health—focus on osteoporosis”**

At 1.30 on Friday, August 28th at the Gawler Recreation Centre

These special education seminars were offered because of grant funding obtained by Arthritis SA for regional areas, so may not be available in the future.

A number of online resources have also been produced with the funding, and are free to access via their webpage: www.arthritissa.org.au (News and Publications/Online Resources)

These include short videos covering a variety of aspects of living with Arthritis, such as “Hands and Arthritis”, or “Understanding Hot and Cold Packs.” Feel free to check them out!



Do you use the
DEMAND 495 BUS
to get around Gawler?
Please note that from
5th July the new phone
number is
1300 022 942



HELPFUL TIP
Roll clean aluminium
foil and trays into balls
larger than a tennis ball
for recycling



nawma
NORTH AUSTRALIAN WASTE MANAGEMENT AUTHORITY
Ph: 8259 2100
www.nawma.sa.gov.au

HELPFUL TIP
Free trailer hire for
hard waste drop-off



nawma
NORTH AUSTRALIAN WASTE MANAGEMENT AUTHORITY
Ph: 8259 2100
www.nawma.sa.gov.au

HELPFUL TIP
Compost pet waste
in the green-lid bin



nawma
NORTH AUSTRALIAN WASTE MANAGEMENT AUTHORITY
Ph: 8259 2100
www.nawma.sa.gov.au



YOUR HEALTH IS IMPORTANT—WEAR YOUR BADGE!

It is very important that members fill out the reverse of their name tag/**membership badge** each year, and that you wear your badge whenever participating in **any** U3A activity. If a problem arises, however slight, please mention it to someone (your group leader or a member wearing a badge displaying the First Aid symbol).

Should you feel 'different' or unwell, they can then discuss with you whether:

- * you need to sit down, rest, have a drink of water
- * to drive you home, to your GP or hospital
- * to phone an ambulance or family member

It is important not to remain silent, or to feel that you are a nuisance! Time could be of the essence. Thank you.

Emergency Contact: _____
Medical Condition(s) _____
or Allergies: _____
Vital Medication: _____
Action required: _____

Doctor's Name & Ph No: _____

Book Club with a *Twist*

The members of our book club have been 'meeting' online over the past few months, with new topics still being chosen and participants writing and sharing, via email, reports on the books they have read. Our current topic is "A book translated into English from a European language." Once in a while we of course come across words that we have not heard/seen before, and have started to share them with each other. Below are a few, most included in the sentence in which they were first discovered. Underneath the sentences you will find the meanings, but just for fun they are not in the correct order. **How many of these words are YOU familiar with?**



1. I was no stranger to trepang. Once in Beijing I was served (some). It was tasteless, like gelatinous things often are, and hardly seemed worth the strain of overcoming my **vermiphobia**.
2. To say that he was 'alone by himself' is **tautology**.
3. He worked as a classics professor's **amanuensis**.
4. "You're reading a lot of **hagiography**. Have you decided to become an altar boy?"
5. The bus driver confirmed he'd stopped at the Margrave **cloverleaf** to let me out.
6. A section of the peninsula had been developed for visitors to view rock art. The boulders exist due to millions of years of weather battering away at volcanic rock. Despite its broken-up appearance, this type of **granophyre** is highly resilient.
7. He often used **frottage** in his work.
8. These are some of the ways in which Faerie can impinge upon our own **quotidian** world.
9. It was all part of a giant **concatenation** of circumstances ranged against her.
10. She snapped a 'no', then instantly **ameliorated** her tone.

MEANINGS:

- a. One who takes dictation or copies another's writing.
- b. Improved; made better.
- c. A fine-grained granitic rock in which irregular crystals of intergrown quartz and feldspar are embedded in a groundmass of these minerals.
- d. Saying a thing over again; in other words, without adding clearness or force. Useless repetition.
- e. A two-level interchange in which left turns (or right, depending on country) are handled by ramp roads.
- f. Everyday, ordinary.
- g. Connection, as in a chain. A series of interconnected or interdependent things or events.
- h. An abnormal fear of being infested with worms.
- i. A biography of a saint or venerated person.
- j. The technique of taking a rubbing from an uneven surface.

TRUE OR FALSE



The statements below are written as fact, but are they actually true?
Perhaps someone with a bit of time on their hands might like to check!

- ♦ A rat can last longer without water than a camel.
- ♦ The dot over the letter 'i' is called a tittle.
- ♦ A female ferret will die if it goes into heat and cannot find a mate.
- ♦ During the chariot scene in *Ben Hur* a small red car can be seen in the distance, and Heston is wearing a watch.
- ♦ Donald Duck comics were banned from Finland because he doesn't wear pants.
- ♦ The number of possible ways of playing the first four moves per side in a game of chess is 318,979,564,000.
- ♦ There are no words in the English dictionary that rhyme with *orange*, *purple* and *silver*.
- ♦ The name *Wendy* was made up for the book *Peter Pan*. There was never a recorded *Wendy* before.
- ♦ The very first bomb dropped by the Allies on Berlin in WWII killed the only elephant in the Berlin Zoo.
- ♦ Charlie Chaplin once won third prize in a Charlie Chaplin look-alike contest.



Now that community members are spending more time at home, and using their vehicles less often, it's the perfect opportunity to ask:

1. *"Where have I left my car?"*
2. *"How can I reduce the chances of having it stolen or broken into?"*

To help prevent thieves targeting your vehicle and property, I ask you to make sure you abide these security tips:

- **Park off the road and if possible in a locked garage.**
- **Should you be required to park on the road, ensure your vehicle is left in a well-lit area.**
- **Lock your vehicle doors and close all windows.**
- **Remove all valuables from your vehicles.**
- **Avoid leaving your property in the glove box or centre console – this is the first place thieves look.**
- **Record the make, model and serial number of electronic equipment such as GPS devices.**
- **Don't leave your keys on the kitchen bench or where they can be easily seen by thieves. Keep them in a safe place out of view.**
- **Do not hide a spare set of spare keys on or in your vehicle.**

For further information and crime prevention tips visit the SA Police Website at:
<https://www.police.sa.gov.au/your-safety/crime-prevention-and-security>

Regards,

Cameron Devey

Chief Inspector

Officer in Charge

Community Engagement Section

SOUTH AUSTRALIA POLICE