



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, 2021: July 19 to Sept 24

CHAIRPERSON'S REPORT

Hello everyone, here we are again at the end of another busy term. Hope you all enjoyed your classes as much as I did. For all of you who don't get the Bunyip we had a great write up from when Dr Gary Johns came from the Australian Charities and Not for Profit Commission of which U3A are is member. *(see article later in Newsletter)*

It was a very interesting time for the committee. Dr Johns filled us in on his job and where he had been. He asked lots of questions and was very impressed with our lesson schedule. He said not only did we concentrate on activities but were very active on all projects. We provide comfort and mental stimulation for all our members. When he left he wished us well. Great outcome.

It has been a bit erratic on the committee front since Fran retired, but we have settled down to a steady running unit again. The Term 3 agenda will be out soon and we have a Leaders Meeting to look forward to as well.

Tag and Test for all electrical goods used for U3A classes has been booked for Monday, 27 September. More information later.

We seem to be doing OK with the COVID instructions. Signing in for the Recreation Centre and then for each room and wiping down chairs and tables after each class. You can have a hot drink but you must bring your own cup.

We still have to maintain our distances. It appears that we do this automatically now. As we go to press, I have had no correspondence to say it will alter any time soon.

Just have to keep fingers crossed it doesn't cross our borders.



We had another very interesting Friday Foray with the Arthritis Australia Group. This time talking about making life easier in the home and garden. With ideas on gadgets and lots of tips. It was well worth going to. We had a good attendance and we, as the audience, went away with lots to think about.

I managed to type this myself as I have my brace off my wrist and hand. All ok! Hope to see you around. Keep well and warm. Stay safe. Always here for you 0419 828



Marie Wilson (Chairperson)



**PLEASE ~ REMEMBER TO WEAR
YOUR BADGE AT ALL U3A ACTIVITIES**

YOUR 2021 COMMITTEE

CHAIRPERSON ~ Marie Wilson 0419 828 795

TREASURER and PUBLIC OFFICER ~
Peter Adams

**SECRETARY and
PROGRAMME CO-ORDINATOR** ~
Jill Richard 8522 6140

MINUTES SECRETARY ~
Jill Richard 8522 6140

WEBSITE CO-ORDINATOR ~
Kim Rainsford

CATERING ~ Marie Wilson

NEWSLETTER ~ Jan Stokes
newsletteru3agawler@gmail.com

COMMITTEE MEMBERS ~
Stuart Dunk, Margaret Raggatt, Ann Weiss

1

AGATHA CHRISTIE and HER LIFE

Date: 30 July @ 1.30 pm (week 2)

Place: Rec Centre

Author DAVID KILNER discusses the world's most favourite crime writer and her life - her upbringing, tragic first marriage, successful second marriage, her family, her character and a little on her books.

David has had 3 books published and will briefly discuss his books and the challenges of writing.

**FRIDAY FORAYS**

BOOK via email - u3agawler@gmail.com
or phone/message Jill - 0417 819 498
at least one week before the date

3

SILVER SCREENING

Date: Friday 10 September (week 8)

Place : Gawler Cinema

Cost: \$15 per person

Movie: **Dream Horse** (comedy)
Toni Collette & Damien Lewis.
True story of unlikely racehorse
Dream Alliance bred by Welsh
bartender Jan Vokes.

*Details:*

Arrive at 10.15am enjoy cup of tea/coffee and
biscuits, film commences at 11am followed by light
lunch (sandwiches & cake).

2

Maximising My Independence

Date: 27 August @ 1.30pm (week 6)

Place: Rec Centre

**MY AGED CARE AND THE COMMONWEALTH HOME SUPPORT PROGRAMME****Free information session**

COTA SA has been funded by the Australian Government Department of Health to deliver information sessions to clubs and groups of older people and their families. **Terry Boswell**, Peer Educator from COTA SA, is coming to talk about the Commonwealth Home Support Programme and My Aged Care

What sort of information will be discussed?

* Commonwealth Home Support Programme

* Maximise your wellness and quality of life

* My Aged Care

* Eligibility and Assessment

* Stay in your own home

* Maintain or regain independence

* Costs

* Choice and control

* Your rights

The sessions are for groups of older people not yet receiving aged care services, or who are receiving CHSP services. (**NOTE:** The sessions are not relevant to people receiving a Home Care Package or in an Aged Care Home.)

Gawler U3A website

Please send me **more photographs** from the various activities of the club. I would like to have a gallery of photographs so that every so often I can update those on the site to "freshen" it up a bit. I would prefer the photographs are landscape format, as this makes them more suitable for consideration for the homepage.

Any comments, suggestions or photographs

can be sent to either myself – kimrainsford@bigpond.com

or to the secretary u3agawler@gmail.com

Thanks, Kim Rainsford



Facebook



Gawler U3A has its own Facebook page. Check out news for Friday Forays, possible new classes and more

Introducing our Secretary, Jillian Richard

All about me!

I have been a member of U3A Gawler for 6 years since retiring. I started out learning Tai Chi from Maggie – wonderful teacher, and now enjoy Shibashi and Tai Chi with Pauline on Thursdays. Attended a couple of terms Line Dancing, but was unable to continue in the timeslot and also have tried Ukulele, but found that I am not musically inclined as much as I love listening to it.

I became involved beyond attending classes when I offered to do the website, which is now much better managed by Kim, and from there joined the committee and became Minutes Secretary assisting Fran. I am now Programme Coordinator, which involves liaising with all of our fabulous leaders, booking rooms and producing the term by term calendars and attendance sheets.

Due to there being no other takers for the role of Secretary I have now volunteered to also be Secretary for the remainder of the 2021 year.

I hope to call into each group over the coming term so you can all put a face to a name.

If there is anything I can be of assistance with please do not hesitate to contact me.

Kind regards, **Jill Richard** 0417 819 498

The Gawler U3A committee

To all members

Please consider if you would like to be on the committee. There are two vacancies and you would be very welcome. Many activities within the committee's role have been distributed and shared, so if you are interested, please contact Marie Wilson (Chairperson) Phone - 0419 828 795

Johns drop in to meet 'vibrant' Gawler U3A members

NICK HOPTON

AUSTRALIAN Charities and Not-for-Profits Commission's Dr Gary Johns visited Gawler last Wednesday to meet University of the Third Age (U3A)'s "vibrant" Gawler branch.

The Brisbane-based Commissioner chatted to local U3A members at Gawler Sport and Community Centre as part of a whistlestop tour of the state that included "a dozen or so charities" in Whyalla, Port Augusta, Davenport, Port Pirie, Clare, Balaklava and Adelaide.

Dr Johns, a former federal minister in Paul Keating's Labor government in the 1990s, said he listened to matters that were important to South Australian charities. He also explained to groups a new program promotion oppor-

tunity available on the ACNC charity register (www.acnc.gov.au/charity), which was searched 3.2 million times last financial year. "There are 58,000 charities on the register so the way I do it is I will pick out an area or a region that I will travel to in Australia because this is where the real deal is and I get my staff to give me a list of charities in each town," Dr Johns told *The Bunyip*.

"It's a menu – I can pick what I want. I've known U3A for many years ... they do different things. U3As in some places concentrate on lectures and so on.

"The U3A here, as they are telling me, concentrates on activities, but this group is obviously very active. They've got a list of things on nearly every day – it's quite extraordinary. They seem to be a very vibrant group. There



are quite a number of people in Gawler who have lived here for a long, long time so they carry with them terrific history and insights about the place.

"They provide comfort and mental stimulation for all their

members and I wish them well."

The Gawler U3A branch has released its term 2 program, which continues until July 2.

More details are available at www.u3agawler.org.au or by emailing u3agawler@gmail.com

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OUR ONGOING THANKS AND APPRECIATION TO:

Tony Piccolo (Member for Light) and his office staff for their ongoing support in the printing of our Newsletter, Programme, etc

*Thank
you!*

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.

Potential new class Positive Psychology - Short Course 5 weeks via Zoom

Priscilla Jordan has contacted a number of U3A groups offering to run a 5 week short course on Positive Psychology. Usually presented online via Zoom, but could organise a course whereby participants gathered together to watch on a big screen.

Positive Psychology is a supplement to what psychology usually does. "Positive Psychology is the scientific study of what makes life most worth living" (*Peterson 2008*). An example given is "three good things". Every night for the next week, before you go to sleep, write down three good things that went well today and why they went well".

The topics for five sessions are –

1. Positive emotions;
2. Character strengths;
3. Mindfulness;
4. Motivation and Resilience;
5. Habits and how to make some positive changes.

If you are interested in more information or in attending this course, please contact our Secretary Jill (u3agawler@gmail.com) or by phone on 0417 819 498, and more details and contact information will be arranged with the presenter.

This course has been run for the Riverland and Adelaide U3A groups.

"Making the most of your device" Workshops (Term 3, 2021)



A series of fortnightly workshops with Kat on Thursdays

Time: from 9am to 10am

Bring along your device (tablet, phone, laptop) and your questions for an interactive question and answer session to unlock the mysteries and make you more proficient and comfortable with the technology.

To Register : email u3agawler@gmail.com
or phone/message 0417 819 498.

Dates: Thursdays -
29 July, 12 August,
26 August, 9 Sept,
23 Sept, 7 Oct

For more information contact Kat on 0438 886 568.

Writing your own life story – update

In Term 3 the sessions will take place in a private residence in the Gawler area (location/s TBA – to be advised).

Meetings - Wed, fortnightly at 9.30am to 11.00am

Dates – 4 Aug, 18 Aug, 1 Sept and 15 Sept.

If you are interested in attending this class please call

Arthur or Judith Davies on 0438 713 786, or phone 8523 5694 for more information.



Have you heard of SAHTA ?

With a keen desire to preserve the past, the South Australian Historical Tool Association and its members are focused on preserving tools, their techniques of use and knowledge of the people and trades that used them. SAHTA will accept donations of old tools. <http://SAHTA.org.au/>

Meeting Dates – July 21, Aug 18, Sept 15, Oct 20, Nov 17 & Dec 15

Contact Phone 0438 795 338 All meetings begin at 7pm at Colonel Light Gardens RSL
(4 Prince George Parade, Colonel Light Gardens).

REPORTS FROM LEADERS

Ukes and Co

Ukes and Co have had two very enjoyable outings this year. The first was to the Lyndoch Bakery in perfect summer sunshine. We treated the customers and local passers by to a variety of music while enjoying the flow of coffee and goodies delivered by the very friendly staff.

Our most appreciative audiences were the sparrows in the grapevines overhead and the Facebook enthusiasts who gave us a whole bunch of "likes" along with an invitation to return.

The second outing took us to the Cafe Sia on a contrasting 10 degree day in June. Hot coffee was the most ordered item and the playing was just as enthusiastic the second time round.

The majority of players strum on the ukulele but many members also play the **Harmonica** and they feature regularly in our sessions as well as the Piano Accordion and Guitar. Last year's Beginners have certainly come a long way and are continuing to enjoy new songs and a taste of 'picking' now and then.

Members are very willing to lend a hand when jobs need to be done and this is very much appreciated.

We look forward to the Third Term and the new challenges.

Ann Weiss 0415663041



Bell Chimes

We are living in interesting and challenging times which has put added pressure on some of us and our group has come through this with flying colours.

The support and caring towards each other in setting up for our practice and packing up when we finish has been amazing. It hasn't been easy but the commitment of everyone involved in our group has resulted in us having our practices in a safe secure environment where we enjoy what we are doing and have a happy relaxed time together. Thank you, thank you everyone.

Isn't this what our U3A is all about? I for one, feel so privileged to be part of the wonderful groups I am involved with and especially the opportunity of being part of the Bell Chimers.

We have a space in the group for someone who is free on a Thursday 12.30pm - 1.45pm to join us. If you are interested and available to make a commitment you are welcome to sit in on one of our practices to see what is involved. NO previous musical experience is needed.

I would like to take this opportunity to thank everyone very sincerely who make it possible for the smooth running and support of our group.

Joyce Fox, Leader

Fun Board and Card Games



We are a small group, averaging 8 people per session, and meeting each second Monday afternoon. We have a variety of games from which to choose. If anyone has a game at home which they enjoy, they are welcome to bring it along and teach us its delights. We like to share. During the afternoon, we also like to have a chat and laughs.

New members are always welcome.

Joan Collett, Leader 0417 270 012

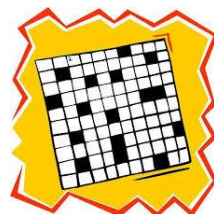
Cryptic Crossword Classes - Thursdays 1.00-2.30 pm

Linda Johnston will continue hosting these classes for those who would like to learn this more challenging type of crossword.

You can choose to:

- (1) Learn to play over the course of the first few weeks.
- (2) Learn to play and then continue weekly, sharing puzzles, problems and techniques.

REQUIREMENTS: Any Cryptic Crossword Workbook (including any you can find on the internet). Ring / Message / email LINDA for more information 0478 608 835 or lsjohnston@internode.on.net



Sjoelen (Dutch Shuffleboard)

Once a fortnight on a Friday a dedicated group of between 6-9 members meet up to play Sjoelen on the Shuffleboards purchased for U3A Gawler via a government grant last year. Several have had previous experience because of their Dutch connections, but the majority were only introduced to the game less than twelve months ago.

We mark the results of each person's four individual games on the whiteboard, congratulate the overall winner of the day, and the person with the highest points, then erase the proof ready to do the same next time. Those using the same board spend their free time encouraging the current player with "ooh", "aah", "nearly!" and "wow!", depending on the state of play. The highest points we can attain are 148. Only one person has managed to get over 100 so far, but whatever the results we just enjoy playing with each other regularly, and would welcome newcomers to our group at any time. "Come and Try!"



Fran and Graham Mason, Leaders

Ramblers / Amblers

In Term 2 we had five lovely walks. The first one we had on the Anzac Public Holiday around the Lake in Para Wirra, followed by a town walk around Williamstown, then the Paddocks Botanical Gardens at Pooraka which many had never heard of, then the next one was a trail around the Kapunda Mines which was very interesting and our last one was around the beautiful Mawson Lakes.

We have five Bush / Country walks planned for Term 3 which is the best time to do them and we hope to see many wildflowers in September. From Leaders ~ *Jo and Warren*



Book Club with a *TWIST*

What do you think the following books might have in common: the biography of a girl growing up in Iran in the 1980s; two books about fairies; volumes from two world-famous fiction series (GRR Martin's "Game of Thrones" and Terry Pratchett's "Discworld"); a murder mystery; a book about cats, and a history on the "Birth of Human



These books were all presented at our evening book club meeting in May, under the heading "*A graphic novel or picture book written for adults*". This was one of those choices which took several of us out of our comfort zone in the beginning, but was well worth the while. From black and white to 'dark' or gorgeously coloured 'sequential' comic form, to clever but sometimes confronting picture books, both fiction and non-fiction, the presentations resulted in much discussion on both content and style.

Other topics chosen so far this year were a biography or autobiography; a book set in snow, ice or a polar region; set in mediaeval times; and with a number in the title. Our June topic is "any fiction or non-fiction to do with the Arts". As always, we look forward to seeing what other members have found to share, and which will be the books that we are eager to borrow, or buy for ourselves in the days that follow.

Fran and Graham Mason, Leaders

Craft Circle

The Craft Circle has developed into a close-knit group (pun intended!) over the past three to four years, a cosy 10-12 working on our own craft projects, or items to be donated to those in need. Several concentrate on rugs and mats for cats or dogs and Daisy is still knitting Red Cross teddy bears, each one different from the rest. Over three years or so, quite a number of us have knitted one metre lengths of varied-coloured strips, which last year were crocheted together by Jan to produce eye-catching knee rugs.

During the COVID shut-down Antonette took up our invitation to help by knitting and joining up dozens of blocks which Jan and Linda were then able to put together for more rugs. Antonette also crocheted several dozen beautiful beanies for us to donate, but which also earned some money for Careflight via individual purchases. We were pleased to be able to hand over seven rugs and the beanies to the Vinnies' Winter Appeal recently, and will have more ready in the near future. In the meantime we keep an eye on the progress of each others' individual projects, cross-stitched, hand quilted, knitted, crocheted, bead embroidered, etc., and share their pleasure on completion.

Fran Mason, Leader



FOR SALE --- Vacuum Robot



- * Received by present owner as part of a prize package
- * Tried out once only * Needs smart phone in order to operate
- * Any reasonable offer considered

Please ring/message 0439 835 135 or 8522 4738 if interested



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: _____

QUOTES

For the next newsletter – what is the best quote you know about having a holiday?

"Quote"

To start the ball rolling –

"Once a year, go somewhere you've never been before." — The Dalai Lama

U3A Online

A Virtual University of the Third Age

www.u3aonline.org.au

U3A Online is the world-first virtual University of the Third Age delivering online learning via the Internet.

All that's needed to study online is access to a computer, tablet or other device with an Internet connection - and some basic computing skills. Our courses are open to all older people and disabled younger people anywhere in the world. They are especially suited to older members of the community who are isolated either geographically, or through physical or social circumstances (including carers).

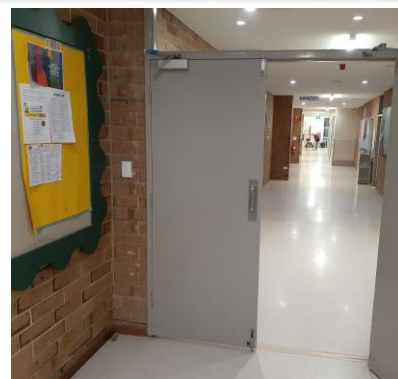
Note – more information about fees in next newsletter (Organisation \$15 / year, Individual \$30 / year) Ed.

SA Police News (extracted from Adelaide Hills U3A Autumn 2021 newsletter)

As you would have heard on the news, SA Police has launched Operation 'Trace', using plain clothes police officers to ensure that people are checking in and providing their contact details when they enter a business or attend a public activity. Except for outdoor events, all our courses are classed as a public activity - please play your part and avoid a fine.

A pin-up board for U3A is situated opposite Room 3 at the Recreation Centre. Current Friday Forays, the Term Programme and other information is pinned there.

See photos below.



Above - The U3A noticeboard and looking along the main corridor back towards reception and the main entrance of the Rec Centre.



Advertisement in shop:
Guitar, for sale, cheap,
no strings attached.

VALE – BERYL TEARLE

(From a Discussion Group perspective)

It is with great sadness that I let you know that our esteemed member of our Discussion Group, Beryl Tearle passed away on Tuesday 6th April 2021 after suffering a series of small but ongoing strokes since December 2020.

Beryl commenced her membership of U3A Gawler in 2011. Beryl was an integral part of discussions during her time in our Discussion Group.

I can always remember joining the Discussion Group in 2016 when the late Mike Riley led the group and Beryl participated in lively conversations and opinions.

During her participation, Beryl always had a knack of giving an alternative view on the subject under discussion – often with a well-placed question. It always gave the conversation another point of view, which of course, is the whole idea of a Discussion Group.



Beryl was a person who had a very private personal life, however, she was very active in other community groups, ie, Lions Club (where she gave her time selling raffle tickets at Elizabeth Town Centre). She was also the current President of the Gawler Ladies Probus Group and was associated with them for many years. Beryl was also a member of our U3A Creative Writing Group. She was a resident of the Hillier Residential Village and was, I am informed, a swimmer who liked to partake in the pool on a daily basis, no matter the weather!

Beryl, however, has left a legacy within U3A Gawler. U3A Gawler did not have a system to record next-of-kin information on their records, and they have now decided to establish an Emergency Contact List, and collect this information voluntarily from members. This may save relying on information which may not be reliable.

So, thanks Beryl, for your participation and contribution to our Discussion Group and other groups within U3A Gawler. Your lively participation made our meetings interesting and open-minded events – and the conversation was always enlightening!

RIP Beryl!

Jenny Dorsett, Leader,
U3A Gawler Discussion Group

Photo (left) - The U3A Gawler Creative Writing Group at a Christmas Breakfast at the home of Lesley Carnogursky in 2017.

Beryl Tearle is seated at the table on the right.

Gawler U3A term dates

Term 3 – July 19 to Sept 24

Term 4 – Oct 11 to Dec 10

About the Newsletter

Hello to all members. Please **submit any articles** for the next Gawler U3A newsletter **by Friday 10 September** in Term 3.

For **NEWSLETTER** items - please continue to send updates, news and regular information via the email newsletteru3agawler@gmail.com Jan Stokes phone: 8523 4539

