

GAWLER. SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

PO Box 1581 GAWLER SA 5118 www.u3agawler.org.au u3agawler@gmail.com "Like" us on Facebook

TERM TWO, 2022: May 2 to July 8



Welcome members old and new to 2022. Things haven't changed all that much. Masks, wipe downs and distance still prevails. Covid has hit a few of our members one way or another, myself included. I did my isolation and the RATS tests are all ok. We are two leaders down and some members. Speedy recovery to all.

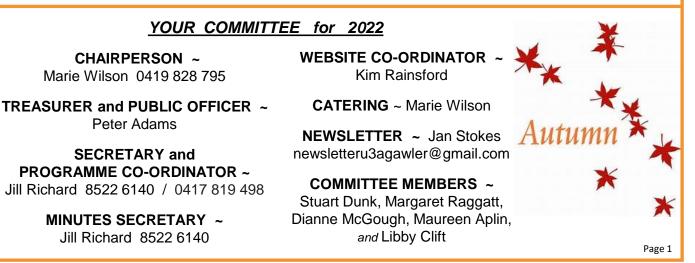
Many thanks to the members who attended the AGM. Business was dealt with swiftly and efficiently thanks to Jill, Wayne and myself. All posts were filled. Welcome to our two new committee members. Our finances are in very safe hands with Peter, our treasurer, and our editor Jan who does a brilliant job with keeping you all up to date with what is happening via the newsletter. To our secretary - Jill - many thanks for all the hard work you do to keep our U3A Gawler one of the best. We once again have a varied and interesting programme for Term 2. I do hope you all try new classes as well as continual support for your usual group. Friday Forays have interesting events coming up too.

Sitting here in the sunshine, and hoping it is going to stay with us over the Easter holiday as it is so much nicer than the cold and rain, especially when entertaining grandchildren. My first great grandchild is due this week, such an exciting time for us as a family.

As promised last time, I have encouraged Margaret to write a few lines in an article about her life for you.

Be safe, take care, enjoy your Easter break. Please wear your badge at all U3A functions, thank you.

Marie Wilson, Chairperson 0419 828 795



Potential new Group for Term 3 – Drawing and the Art of Knowing Yourself

Leola Kean – Gawler U3A member has offered this new weekly 2 hour class in Term 3. Be more attuned to yourself and others and enrich your life by telling and drawing your own story through weekly catchups. Explore its ups and downs through colour, feelings, patterns, themes and contexts. It can be challenging and exciting and you do not need to be good at drawing!! Come and try it!! **This will be YOUR story...** If you would like to participate in this group please contact Jill Richard on 0417 819 498 or u3agawler@gmail.com

Proposed weekly day and time is – Thursday 1-3pm. With enough numbers, this group will go ahead.





FRIDAY FORAYS - for Term 3

Help wanted

Gawler U3A needs a person to plan and lead a Friday Foray on each of the following dates. If you have an idea and can organise whatever is required, **please** let Jill Richard know ASAP, so we can lock in the date for you. **Dates** will be <u>Week 2</u> - 5th August; <u>Week 6</u> - 3rd September & <u>Week 10</u> - 30th September.

Jill will provide admin support (ie taking bookings, setting up the role sheet etc). **Ph/txt -** to Jill - **0417 819 498** or **Email -** u3agawler@gmail.com

"Reflections" by Gawler Committee member, Margaret Raggatt

I have travelled all over Australia in the last 25 years in our Motorhome. Having worked on the Stuart Highway in a Mobile Camp, for many years I drove Dons' truck at times to help and filled in as Cook in a Camp of up to 20 men or more at times. **We are inducted into the Trucking Hall of Fame** in Alice Springs for our work in the trucking industry.

Spent a lot of time at Coober Pedy (got the bug for opal mining) and Don built a Noodler Machine for looking for opal by black light. We spent five years mining. In the winter, while there, I served on the Court – as I am a **Justice of the Peace and Justice of the Quorum**. I have served on Courts at Coober Pedy, Elizabeth, Kapunda, Tanunda, Maitland and Mintabie. While at Coober Pedy the Court House was blown up But that's another story!!!

We spent three winters at Sapphire in Queensland looking for, you guessed it ... sapphires – which was great when you found a good stone. In another year we headed to WA for seven months - a lot of diving along the coast and at Ningaloo Reef (which we have visited often as it was a great diving and swimming place) there were lots of fish and huge clam shells, although sadly, after a bad cyclone a lot of the huge shells have disappeared.





Don & Margaret Raggatt - Inducted into the Shell Rimula Wall of Fame at ReUnion 2012.



At Ceduna, I managed an **Ampol Roadhouse** and while there, went diving for scallops and disturbed a sea snake which went for me but I was able to scare it off with my spear – it gave me a bad scare, as they have deadly poison. Another time at Port Victoria, I was waiting to ride a wave in when a **Great White shark** (he was huge!) swam past me - it was terrifying. I did all the wrong things but it just swam past – guess it was not hungry and my lucky day. The beach was closed for a week.

Another year, a month was spent on the **Great Barrier Reef** looking for Crown of Thorns Starfish – which destroy the coral. It was a good job as we were taken to the reef each day, meals were supplied and we were doing something we loved. We did many trips to Queensland as our daughter lives there.

We had six months overseas where we bought a Kombi Van and toured England, Scotland, Wales and Europe – that's also another story ... I had the **Greenock Post Office** for 10 years – a job I loved and I was also on a lot of Community Committees.

FRIDAY FORAYS - Term 2

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



Come and Try – Pétanque!

Date: MONDAY, 23 May Place: **Gawler Pétanque Club**

Location: Hallam Drive, off Victoria Terrace, and opposite the Gawler OVAL train station platform (inner road behind bowling club)

The aim of the game is to be the first player/team to score thirteen points. Points are scored by having one or more of your boules closer to the target than those of your opponent, after all boules have been thrown.







Book in by:

U3aaawler@amail.com

Or phone or text

Jill on 0417 819 498

Pay by bank transfer to

U3A Gawler account or

cash to Jill (via leader in

a sealed envelope)

Emailina

Bus trip to Clare (and return)

Date: Friday, 24 June Passengers: 50 seats only Cost: \$25 per person for bus trip, for U3A members and partners/friends (*ie non-members*)

Place: Bus leaves from Gawler Sport & Recreation Centre at 9.30am Travels to:

Owen, Balaklava, Blythe, Clare. Viewing painted silo, Medika Gallery (art, giftware, cards and plants for sale), walk around main street of Clare.

Includes morning tea in Balaklava. Lunch is at the Clare Hotel. Eat at the Hotel (order and pay on arrival) or dine elsewhere as you choose.

Please see details on the Poster on the U3A noticeboard



What is Pétanque?

Pétanque, sometimes called boules, is a target sport, where players stand with both feet inside a circle and throw metal balls (boules) along the playing area called a piste. The aim is to get the ball to stop as close as possible to a small wooden target ball called a cochonet. The sport is a close relative of Italian bocce and has some similarities with lawn bowls.

Pétanque is a quick and easy sport to learn. Then it's all about improving. It's an enjoyable, social, competitive team game that enhances concentration, strategy skills, focus and hand-eye coordination. Most importantly, it's fun.

Who plays Pétanque?

You! Pétanque is an inclusive sport – anyone can play. The sport can be played by all ages, genders and at different levels of ability. It is played both socially and competitively and each player can choose their level of participation.

Want to give it a try?

See the reverse of this flyer for club locations across South Australia or visit www.sapetanque.com



FRIDAY FORAY

FRIDAY 24th June @ 9.30am departure

Bus Trip to Clare and return

Clare via Owen, Balaklava and Blythe returning via Riverton.

Leave the Gawler Sport & Community Centre at 9.30am on a comfortable Corston Coach.

Travel via Owen to view the painted silos.

Stop off at Balaklava for morning tea provided by Corstons.

Visit Ian Roberts' Medika Gallery in Blythe. Giftware, art, cards, prints and plants for sale.

Lunch at the Clare Hotel, [order and pay on arrival] or eat elsewhere—its your choice let Jill know when you book so we can confirm numbers with the hotel. Have a walk around the main street and hop onto the bus to come back via Riverton. Arrive between 3.00 and 3.30pm

COST: \$25 per person for the bus trip. (50 seats only) Open to nonu3a members—bring along your partner or triend. Bookings essential. R\$VP and payment before 20th May.



REPORTS FROM LEADERS

Discussion Group

Do you read local newspapers? Do you read international news? Do you watch news on TV?

Do you enjoy conversing with others about matters of importance? Do you enjoy conversing with others about matters of general interest?

If so, you may like to come along to the U3A Discussion Group and participate in our discussions. The Group meets every Wednesday <u>fortnight</u> at the Gawler Sports & Community Centre between 10am-12noon. (Term 2 commences in May, and the first Discussion Group Meeting will be held on **Wednesday 11 May**). Please feel welcome to come along and contribute to our group, have a cup of coffee and enjoy the conversation! Jenny Dorsett, Leader

Shenanigans around the Sjoelen board

When we mention Sjoelen, or Dutch Shuffleboard, to others not 'in the know', they usually ask what it actually looks like. This photo shows a game in progress (with a little bit of fun on the side).

A maximum of 4 people play at one board, taking turns to send the wooden disks through the openings at the other end, while endeavouring to spread the number of disks equally between the four compartments to build up to the highest point score possible.

In the Netherlands and nearby countries it is a popular competition game taken very seriously. Our participants would probably agree that for us it's a game of skill and chance, in equal measure.

We share the results of the four games played each second Friday afternoon, eager

to find who had the highest points for that day, and who has excelled themselves personally, and to congratulate them accordingly.

We have four Sjoelbaks (boards) available, and would love to welcome more players to our midst. The game is very easy to learn and we have a lot of fun playing.

Please ring **Fran Mason**, **Leader**, on 0421 604 670 if you would like to join us.



Ramblers

Rambles went well in Term 1. New members joined as well as our lovely regulars.

Term 2 has more local walks planned but hopefully the trains will be back by Term 3 when we can venture further afield.

Jo & Warren, Leaders.



The Gawler Rivers (Tapa Pariara) Walks Easy flat walking trails around Gawler.







Men's Group – Term 1 news

The Men's Group meets <u>alternate</u> Wednesdays during each term at **Café Nova** for coffee and cake or, on some occasions lunch. We are only a small group but what we lack in quantity we make up for in quality. Our first get together this term was a lunch and, as has come to be expected of Café Nova, the food was excellent and the coffee hot. We are planning another lunch to finish off the term. The meetings are very casual affairs with the objective of a friendly chat while enjoying a drink and some food. New members are always welcome.

Kim Rainsford, Leader.

Cryptic Crossword Classes

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. *Bring:* Any Cryptic Crossword Workbook (including any you can find on the internet).

Ring / Message LINDA for more information 0478 608 835 *or*

email - lsjohnston@internode.on.net

Craft Circle

Over the past 4-5 years we have morphed into a very comfortable group of up to a dozen members, who sit facing each other around a group of tables with their handcraft, sharing ideas and anything that life has thrown at us over the previous week, discussing current affairs and having a good laugh. Besides knitting and crochet, our members might bring their embroidery, hand quilting, beaded pictures or paint by number kits to work on, and are always willing to share their knowledge and expertise with others. Sometimes one of us will bring along a finished item for "show and tell".



Some of our members spend their time on these Wednesday afternoons knitting items for animal welfare groups, the Red Cross (teddies) or for those in need of warm blankets, etc. We recently donated to Anglicare/Quickest Warmth a large collection of blankets put together over the past couple of years by several of our members, as well as kits consisting of fluffy blankets, cushions, knitted teddies and other items for children and others in need. It was gratifying to see them all go to such a good cause.

If you are working alone on a project and would like some company and/or support, please feel free to join us from 1.30pm to 3.30pm any Wednesday afternoon. Bring your handicraft and your own mug for a shared cuppa.

Fran Mason, Leader - 0421604670





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. уои!

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.

Image Art Group

Our Art still continues to progress in leaps and bounds with much astonishment from most of us, as our abilities continue to flourish. We have many original members and some new ones this year.

Getting artists in to teach us has been difficult this past year or so, with all the uncertainty around COVID, but that is changing for the end of this term. We have an artist coming in to teach us more about Watercolour painting for the last week and again for a week in the new term.

We mainly learn from each other by choosing a medium to research at home during the week and putting everything we've learned together on a Monday. This has worked very well and we will continue to do this too. Jan Abel, Leader

PS. Please enjoy some artwork from a few of our members



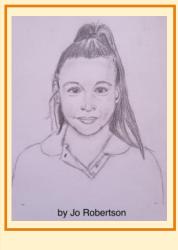


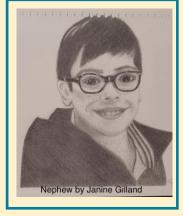














Gawler U3A Term 2 – 2 May to 8 July, 2022 Please submit any articles for the next Newsletter (Term 3) by Friday, 5pm, 24 June 2022.

email newsletteru3agawler@gmail.com Jan Stokes - phone: 8523 4539

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Gawler U3A website ~ Update

U 3 A GAWLER



Report from Website Coordinator

The website has undergone some changes to try and make it more relevant and helpful to Gawler U3A members and other site visitors.

As well as some changes to the general information on the site several forms have been added to allow members to conduct some of their business with the club through the website rather than attending enrolment day or contacting the secretary directly. Of course you can still contact us using these options however using the website may be more convenient and save you some time.

To summarise the changes:

The website now includes online and fillable PDF forms. The **fillable PDF forms** are a special type of PDF document that can be either filled in on your computer or a hard copy printed, and the form completed by hand. It is your choice as to which method to use - the online or PDF form or your current arrangements, *e.g.* attending enrolment day.

Note: There are "help" files to assist members to

use the online and PDF forms.

The following forms have been added to the website -

Membership Application

Change Membership Details – Use this form to advise the club of change of address, PO Box, Contact details or Emergency Contact details.

Submit a Photograph

If you have a photograph of a Gawler U3A activity then you can us this form to send a copy to me for consideration for the website.

Friday Foray

Use this form to register your interest in one or more of the Friday Forays that have been scheduled for a term.



Above – Change Membership Details



Gawler U3A website ~ Update



Friday Forays Enrolment

Name (Required)	Left –
First	Register for a
Phone	Friday Foray



Links

A new page called "Links" has been added to the website. In addition to links to the forms mentioned above, you can also access the Gawler U3A Constitution and Member Handbook. There are also links to several U3A organisations that may be of interest (State, National and International). There is also a link to the Gawler Council Calendar of Events, which shows upcoming events in the Gawler district.

Below - Links



Calendar

A Gawler U3A Calendar is now available by clicking on the **News and Events** tab and then selecting **Calendar**. The calendar shows all the upcoming term events including recurring activities and special events such as Friday Forays and Committee meetings.

You can view the events by day, month, or as a list by:

1) clicking on the selection on the right-hand side of the calendar.

2) click on the date on the left-hand side to select a day or a month for viewing upcoming activities.

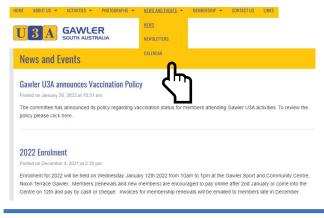


The website still includes links to the newsletter (current issue and some historical issues). Items of interest are posted to the website and can be viewed by selecting the **News and Events** tab and then **News**.

The website address is

https://www.u3agawler.org.au/

All members are encouraged to visit the site. Please spread the word about using the Website to friends and others interested in U3A activities



Comments, suggestions or photographs can be sent to either myself kimrainsford@bigpond.com

or to the secretary - u3agawler@gmail.com

Thanks, **Kim Rainsford**

Gawler U3A Classes for 2022

ART GROUP (*Imagine*) Run by its members, who take turns choosing/introducing different art mediums, or invite volunteer artists to teach a class. New members welcome.

BELL CHIMERS Limit 12 members at a time due to the number of chimes available, we are often invited to play for Seniors' Groups, Homes, etc., especially at Christmas time.

BOOK CLUB Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month. Choose your own book to read; we then share around the table before a cuppa and cake at evening meetings [Book Club with a *Twist* at the Masons (full)

CHAIR DANCING An aerobic form of exercise all done sitting down. Your imagination as well as your body get a good workout, as we 'dance' along to well-known tunes. Also promotes coordination. All welcome.

COME AND TRY— Petanque. Gawler Petanque Club will host a session on Monday 23rd May at 11am—Book in with Jill 0417819498

COMPUTING HELP DESK—Call Stan and arrange a time to meet at the Centre for assistance.

CRAFT CIRCLE Bring your own craft (knitting, crochet, hand-quilting, cross stitch, etc) or work together on items which will eventually go to a worthy cause.

CREATIVE WRITING Write short stories or poems on a wide range of topics; prompts allow completely different works to evolve. We then share and discuss.

CRYPTIC CROSSWORD CLASS New members taught how to begin solving these puzzles, followed by ongoing sharing of problems and techniques with others. Start any time.

DISCUSSION GROUP Many and varied topics bring out lively, sometimes spirited, relevant and meaningful discussions and a range of different thoughts and opinions. Newcomers welcome.

FRIDAY CRAFT & LEISURE GROUP Members gather around different tables doing a variety of crafts or activities: teddy bear making, card making, pastel painting, jigsaws, colouring in, knit and crochet, etc. New activities possible based on availability of teacher and/or interested members.

FRIDAY FORAYS A range of 2-3 activities are spread throughout the term: guest speakers, films, outings, lunches and tours. Choose those that interest you. Suggestions for activities are very welcome.

FUN BOARD & CARD GAMES We play old and new games: Chase the Ace; Dog; Rummy-O; Skip-Bo; Uno. Bring your own and share it with us! All welcome.

HARMONICA New members welcome. No previous experience required.

"JAM ALONG" All musical instruments and singers welcome. We play all genres of music and are happy to learn how to play your favourites.

LINE DANCING Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing and SO much fun! Previous experience necessary.

MAH JONG "Western Game" rules, with endless variations. Experienced and novices both welcome.

MEN'S GROUP We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. No formalities, just an opportunity to have a friendly chat and pass the time of day. A good excuse to put aside those chores, so come and join us.

RAMBLERS Fortnightly walks of between 3-5 km, either locally or further afield, reached by foot, carpooling or public transport. All welcome.

SCRABBLE An enjoyable way to keep one's mind alert and thinking. New members always welcome.

SJOELEN (DUTCH SHUFFLEBOARD) Very popular Dutch game played either sitting or standing. Good for hand-eye coordination, upper body movement and a bit of competitive spirit. Fun and very addictive!

TAI CHI—Continuing Term 2 continues from the learning in Term 1—no new students will be taken into the group through the later levels.

TAI CHI (Intermediate) For those who have already learnt some Tai Chi and wish to continue. But anyone is welcome to come along and see what Tai Chi is all about and join in with the Exercises and Lotus Meditation.

TAI CHI & SHIBASHI As well as the same Tai Chi exercises taught on Tuesdays we include Shibashi (formal exercises performed in follow-the-leader style).

UKES AND COMPANY Next step up from Beginner Ukes. Players of other instruments are welcome to join us as 'support players'.



AGM 202 – Reports

Chairperson's Report – Marie Wilson

2021 has ended and on reflection it has been a busy year for the committee members and our secretary Jill who has worked diligently to keep the organisation together.

It's been an odd year with COVID borders closed stopping people from visiting family and friends. We had to close, when we opened again for classes we had to sign in, wipe down things we had used and keep distances and of course "masks"

We came through smiling with Christmas lunch at Nixon's

2022 is here with a wide range of classes to choose from. Try a new one, go and join in or sit and watch you never know it may be a new class for you to join - for information on classes look at the website, newsletter or activities sheet

A big thank you to the committee and especially Jill for all the hard work and support in 2021

Best wishes for 2022. Thank you

6. Secretary's Report – Jill Richard

I took on the role of Programme Coordinator in March and then Secretary in May 2021 and have learnt a great deal though out the year. I would like to publicly acknowledge the work Fran did as the immediate past secretary and the preparation she put into the handover process which has made it work so well, and the ongoing support she still offers to myself and Stuart who has undertaken the role of Membership Coordinator.

Marie is a wonderful leader, friend and support, Jan does a fabulous job with your newsletter each term, and Peter provides us with excellent monthly reports on our finances. Kim keeps the website up to date and is constantly seeking ways to improve it and looking to move us forward technologically. Ann's wisdom and understanding of what it takes to keep us honest in things such as copyright and licensing and her and Margaret's wonderful organization of our end of year celebration program at Nixons.

We met with Dr Johns, Chairperson of the ACNC who was travelling throughout Australia to meet with selected Not for Profit organisations and our organization was praised for the programs we offer to the Over 50 community. That is only due to the tireless efforts by our group leaders - Jan Abel, Fran Mason, Jacq Lerwill, Maggie Cope, Ann Weiss, Berlinda Swyghuizen, Jenny Dorsett, Sue Stanner, Alan Gill, Kim Rainsford, Marie Wilson, Jim O'Reilly, Pauline Barton, Linda Johnston, Daisy Cussans, Graham Mason, Stan Pederson, Noreen Hodgson, Deanne Lecerf and Jo Riley. I believe I speak on behalf of all Gawler U3A members when I say what a wonderful job you do in providing a welcoming and safe place for people to come and spend time with friends doing what gives them stimulation and enrichment in their lives.

It's been a challenge and a pleasure to be able to contribute and support those who provide the face to face service to everyone. I would also like to thank my husband Wayne who has supported me throughout the year and has come along today to be our Returning Officer. Thankyou.

7. Treasurer's Report - Peter Adams.

Financial reports tabled for members to read. An audited statement will be produced once the auditor has recovered from his illness.