



CHAIRPERSON'S REPORT

Greetings !

The end of another term and into winter. Hope you are all keeping warm.

This term has gone smoothly with not many hiccups. We are still having new members join our happy band. Welcome, hope you are enjoying your classes. I am sure our secretary - Jill - told you, but just a reminder to everyone you can sit in on any group to see if you would like to join them. Just check your programme for days and times and off you go. This applies to all members. Just one thing - *please* don't all pick the same group at the same time, it could be overpowering.

Unfortunately our Treasurer Peter is back in hospital and I know you will all wish him a speedy recovery and be back with us very soon.

The **Friday Foray trip on 24 June**, was a huge success. We left from the Recreation Centre at 9.30am heading for Hamley Bridge, then to the painted silos at Owen. We had morning tea at Balaklava thanks to Peter our driver and Corston Coaches. It was very welcome and we dodged the rain and enjoyed it on the green. Very pleasant.

On then to the Medika Gallery where there were plants, indoor and outdoor. There were paintings and gifts. On hand to help was Ian who was only too pleased to help with advice or just chat about the plants.

We did collect together for a photo shoot of us all by the side of the bus. Second time lucky as I had been told earlier not to let anybody on the bus as we were having a photo. One lady was getting on the bus and I shouted from outside "no! don't get on" and made her jump. My apologies! 😞 😂

Clare Hotel next for a very nice lunch. Back to the coach for a very informative trip home as Peter, our driver, pointed out things of interest we would otherwise have missed. Really was a good day out. Not to be missed. Next one is Virginia Nursery, car pool, & lunch. Will be a good day out among the plants. (See photos on page 6)

As promised, I have persuaded another committee member to give us a little history about themselves for this edition of the newsletter - many thanks Diane.



Hope you all keep safe from Covid as it is still around. Please remember to wear badges at all classes you attend. *Thanks everyone for your support.*

Regards, Marie
Ph: 0419 828 795

Photo - (left) Marie and Jill at the Medika Gallery, Blyth

YOUR COMMITTEE for 2022

CHAIRPERSON ~
Marie Wilson 0419 828 795

WEBSITE CO-ORDINATOR ~
Kim Rainsford

TREASURER and PUBLIC OFFICER ~
Peter Adams

CATERING ~ Marie Wilson

SECRETARY and PROGRAMME CO-ORDINATOR ~
Jill Richard 8522 6140 / 0417 819 498

NEWSLETTER ~ Jan Stokes
newsletteru3agawler@gmail.com

MINUTES SECRETARY ~
Jill Richard 8522 6140

COMMITTEE MEMBERS ~
Stuart Dunk, Margaret Raggatt,
Dianne McGough, Maureen Aplin,
and Libby Clift



FRIDAY FORAYS - Term 3 Book at least ONE week before date

BOOK via email - u3agawler@gmail.com or phone/text to Jill - 0417 819 498

1

TRAIN TRIP TO ADELAIDE

Friday 5 August

Depart **Gawler Central Station*** on 10.17am train (or from the Gawler station @ 10.21am) First Carriage.

Available to all — assistance provided to board train for wheelchairs and walkers — wait on the blue square. Bring your Seniors Card (for FREE travel) and wear your U3A name badge. All to wear masks on public transport at the moment (SA Covid rules).

Travel to Adelaide and return to Gawler mid afternoon.

Guardsman Coffee Shop for a cuppa and snack first, if you wish.

Dependant on the weather a short stroll in the vicinity.

Leader: Lesley Carnogursky. * photo – Gawler Central Station

Book with Jill **0417 819 498** Email u3agawler@gmail.com



2

VIRGINIA HOME & GARDEN CENTRE

Friday 2 September

Time – 12.00pm

Car pool for travel.

RSVP – by 1 August, please.

Join us in a visit to the Virginia Home & Garden Centre in September. Spring is around the corner, so have a good look at the plants on offer and a browse in the beautiful gift shop. Except outside in the nursery, most areas are under cover. We will have lunch at Doncho's Café.



Contact Maureen for details on -

0438 983 544

Book with Jill on -

0417 819 498 / u3agawler@gmail.com

3

Fasta Pasta, Gawler

Friday 30 Sept, come for lunch at 12.00pm

It's still cold outside so come for lunch - **specials** from \$11.90.

Join in have some fun, eat, be happy.

RSVP by 25 September, please

Maureen for details 0438 983 544

Book with Jill on **0417 819 498 / u3agawler@gmail.com**



Seniors Card and public transport - update

From Friday 1 July 2022, South Australian Seniors Card members can **travel for free** on Adelaide Metro buses, trains and trams – **all day, every day**. Any unused credit on SA Seniors Cards can be **refunded** or transferred to a different metroCARD. You'll need to **validate your Seniors Card** every time you board an Adelaide Metro bus, train or tram, even though your travel is free. If you have LESS than \$5, it will be in cash only at Adelaide **Metro InfoCentre. Other refunds can be done there ** or by phone to Adelaide Metro InfoLine 1300 311 108 (7am to 8pm daily). There is no time limit on when you can receive your Seniors Card balance refund.

<https://mc.adelaidemetro.com.au> ▾

metroCARD Account Seniors Card holders: Use SENIOR_and your seniors card number



Ramblers and Amblers *(fortnightly Rambles are listed on each Term Timetable)*

Term 2 was a bit of a washout, literally! One day dashing in and out of showers, a great downpour just before we set off another day, next Ramble cancelled as rain set in for the whole morning but finally a blue sky day for a Bush walk. Never in all the years I have lead the Ramblers have I ever experienced such bad weather!



Keeping fingers crossed that in Term 3 we will be favoured with some kinder days. However our membership is growing and all the usual folk turn up regularly which is lovely to see.

The trains to Gawler have finally returned so more Rambles further afield are planned for the next two terms this year.

Jo & Warren, Leaders.



Let's walk! – outdoor activities



Walking SA Web - www.walkingsa.org.sa

Find a place to walk, hike or bushwalk, whether it be a 1 hour walk near home with your dog, a half day hike in a park, or a longer trail in one of South Australia's national parks. There are Walking Guides online – you select the criteria. About 780 walks are listed.



AllTrails

Web - www.alltrails.com/australia/south-australia/gawler

Looking for the best hiking trails in Gawler? Whether you're getting ready to hike, bike, trail run, or explore other outdoor activities, AllTrails has 8 scenic trails in the Gawler area. Enjoy hand-curated trail maps, along with reviews and photos from nature lovers like you.



Rolling Hill, Millbrook, Adelaide Hills, SA. Photo by Greg Johnston (Flickr image - used with permission)



Heart Foundation – Walking

Web – walking.heartfoundation.org.au

Gawler Walk & Talk It, Weekly, group, medium pace, 45-60 minutes, dog friendly, starts at Recreation Centre on Wednesdays at 9.30am



Cryptic Crossword Classes

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

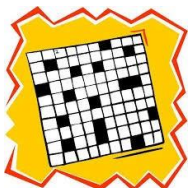
You can choose to:

(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
on 0478 608 835 or
email -
lsjohnston@internode.on.net



Class comments term 2, 2022.

I luv it, it gets my brain motivated. I enjoy meeting with the girls every week. **Wendy.**

I enjoy the company of the ladies who attend the class and the challenge of the puzzles. **J O'N**

I wanted a challenge to keep my brain active, plus meeting new people & enjoying new company. Julie B.

It's on the page in front of you, maybe you just can't see it yet— fascinating.

Linda B.

A great way to stimulate the brain and enjoy the company. **Trish**

Wow. Thank you so much. It's a joy and so much fun helping you unlock the clues. Thanks also to Jeff Heath whose notes are a great help getting us started.

L S Johnston

Craft & Leisure Group

The Craft & Leisure Group meets on Friday at the Recreation Centre and is weekly at 9am until 11am. All U3A members are welcome to bring their craft/hobby materials and join this ongoing and creative group. Members have been doing painting, colouring in, card making, teddy bears, knit & crochet, jigsaws, etc. Here are a couple of photos of activities in progress on 24 June this year. *Please contact Leader* **Noreen Hodgson** for more details – 0417 844 384



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

Leola Kean – a 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 catch-ups. 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...**

Firstly, introductions will be made by members of the group, followed by a discussion of your recent or earlier life highlights. Leaving the discussion circle, each member will create an individual drawing of whatever they are thinking about – a free-flow drawing using **colour textas** (available in Coles, Woolworths, etc) on **A4 paper** to be kept and filed by the owner in their **folder** (ie manila folder?) each week. Then a general talk and share the drawings as a group. A unique experience with fascinating insights.



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.

My name is Diane (*with one "N" - I am often asked*). I am one of your committee members for this year and I have been on the committee in previous years. This year I have been asked to write something about myself, so this may be padded out a bit.

I was born in England, Parkstone Dorset just after the Second World War. Known as a "Baby Boomer". My father was from Dorset and related to the Tolpuddle Martyrs who, although not officially convicted of a crime, were deported to Australia. My mother was from a Welsh mining town. My parents owned a Guest House in Bournemouth and I was brought up in the hospitality trade.



I went to several schools before the age of 11 years, when I passed the 11+ I went to a Grammar school (*just to drop names it was the same school Jane Goodall went to, but before my time*) where I was taught Latin and, you may guess, I found it very useful. I got married young and had four children - 2 boys and 2 girls and I have been very lucky because they have given me 6 lovely grandchildren and 3 lovely great grandchildren.

As a family {including our dog} we emigrated to Australia in 1977, our children ranging from 15 years to 5 years when we emigrated. We were not £10 "Poms" but were granted permission to emigrate on "Compassionate/Family Reunion" grounds as the only other family we had were my parents who had been residents of Australia for a number of years. We had to pay our own fare, and not allowed to go on welfare. My parents were our sponsors. Note: there was more paperwork to send our dog to Australia than there was for us, and there were some culture shocks and adjustments to be made.

We sailed round the Cape of Good Hope on the SS Australis – its last journey to Australia. Many South Africans were leaving South Africa at that time and not allowed to take any of their money out



of Africa. When we went ashore at Cape Town for the day we were given strict instructions about apartheid and how to behave. A real eye opener.

I have had numerous jobs, barmaid, a Shader for Shand Kidd Wallpapers, a demonstrator, salesperson and promotions, cleaner, and customer service for Le Cornu. For about 18 years I was in the photographic industry becoming President of the South Australian Institute of Professional Photography. I received awards for some of my photographs. While President, I organised the Nation Wide Professional Print Awards held in South Australia, which was very successful.

I enjoy dancing and became a Professional Ballroom Dancing Teacher, working for a dancing school and then tried going it alone as a business, and later I also had a cleaning business.

Ten years before retiring, I worked for Telstra in their call centre. When I started Telstra said "if you don't like change you are in the wrong job". The job was a little bit like a "Parsons Egg" ... good in parts. I also made good and long lasting friends while at Telstra.



I said I like dancing and I used to go Clogging in Gawler. This is called American Appalachian Dancing – it is great fun with great music (*if you have the internet please look it up*). Made long lasting friends at dancing. Continued page 6...

Photos – (top left) Bournemouth in the 1950's
(top right) SS Australis
(above) Clogging – a form of dancing

The Clare Bus trip – a great success (Friday Foray, 24 June 2022)



Left – Medika Gallery Proprietor Ian Roberts discussing native plants with U3A members.

Right – Cake & cuppa at Balaklava was supplied as part of the bus fare.

Successful Friday Foray group – day trip north to Clare with interesting stops along the way.



Continued from page 5

Profile and memories, by Diane McGough

I am now retired and I joined U3A, starting with the Art class on Mondays and then learnt the Ukulele with Sandra and Geoff. Howard and myself became leaders of the Ukulele group known as Gurus for one year in 2015, and then for 18 months, I became leader and renamed it Gawler Ukes. During the time as Leader, I received enormous help from Lou - he was with me out the front playing and singing. All members of Gawler Ukes helped me a great deal and I couldn't have done it without them.

I enjoyed leading the group and found it a great learning curve and a challenge. Now I am challenging myself trying to learn the guitar. I like history, astronomy, music (except heavy metal), gardening, reading (can't knit) and coffee with friends. I enjoy doing nothing/daydreaming. Am continually trying to lose weight -- forever the optimist.



What does the future hold?
Don't know !!!
Maybe more lovely Great
Grandchildren
*All the best to everyone,
take care, Diane.*



Photos – (left) Example of ballroom dancing (right) Gawler Ukes, 2018

Vale – Pat James

A tribute to Pat James, Leader of the Life Story Group (by Jo Riley)

Pat was a dear friend to many people especially those who belonged to her **Life Story Group** for 26 Years and sadly left us in April this year.

I joined the group in 2010 when I retired, it seemed to be something I would enjoy doing and I certainly did. On my first session, Pat introduced me to the group of 20 people and she explained that you could start your story from your earliest memory or just select important or interesting aspects during your life but never to repeatedly say “*I remember*” which I have kept in mind all these years. At this session I wondered how we would fill in two hours but everyone had great chapters to read and time just flew by. Pat did have occasion to rap her gavel when someone ran over their allotted time !

I think Pat was great leading the group for so many years and I knew she always said how much she enjoyed doing it and I am sure we all enjoyed being with her too, appreciating all the advice she gave. It is a testament to Pat that she kept the group going all those years, what an impressive record.

You were a legend Pat and will not be forgotten !



NEXT NEWSLETTER for Gawler U3A

Please **submit any articles** for the next **Newsletter** (Term 4) **by Friday, 5pm, 16 September, 2022**

Thank you, Jan Stokes.

Phone: (08) 85234539
email: newsletteru3agawler@gmail.com



Newsletter



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.

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.

SJOELN (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'.

