



CHAIRPERSON'S REPORT

Once again, we are almost at the end of the term. One more and it will be Christmas.

In Term 3, the **Friday Forays** were interesting. Unfortunately, I couldn't attend the first due to a prior appointment. The next was a lunch and browsing at Virginia Nursery. Very good lunch, nice chats around the table then we looked at the plants and of course I ended up with a trolley full. More work planting them all, but worth it. A very nice day.

The next lunch is at Fasta Pasta on Friday 30 September - yummy! And then on Friday 28 October we have a visit from the boys in blue - SAPOL, Road Safety for Seniors.

The 25th November brings another event "Come and See and Devonshire Tea" for you to support. Pop into the Recreation Centre and see what other classes are doing at the Gawler U3A, have a look around the stalls and then have a Devonshire Tea. All proceeds go to the Cancer section at Gawler Hospital.

Last but not least, Jill our wonderful Secretary, is organising our Christmas lunch at Nixon's in the upstairs room. Make a note for Thursday, 15 December - more details on **page 6** and a poster will be on the U3A noticeboard.

There you have it. Please support these events. The people who organise these events work hard to provide a great day out.

As you may be aware our long-term Treasurer Peter is very ill and unfortunately will not be able to resume his duties. Many thanks Peter for all you have done for our U3A over many years.

We are very fortunate to have Stuart who had been working with Peter for a while, to step into the position for us. Thank you, Stuart.

No profile for you this time as everyone is very busy. Perhaps next time. Thank you for all your support during this term. Keep up the good work. Please wear your badges at all times. Take care, keep warm and dry.

Regards, Marie. Ph: 0419 828 795



It is with a heavy heart I bring sad news. Daisy Cussans passed away peacefully during the night, at home as she wished. Daisy has been a U3A member for many years and took over the Scrabble Team in 2013.



Daisy was a very quiet person but underneath her reserve was a very intelligent and knowledgeable person who liked a joke and a laugh and was a good friend.

*Daisy will be missed by all.
RIP Daisy*

FRIDAY FORAYS - Term 4 Book at least ONE week before date

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

Reminder – Lunch on last day of Term 3

Fasta Pasta, Gawler Friday 30 September come for lunch at 12.00pm. *Join in, have some fun, eat, be happy.*
RSVP by 25 September, please

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



1

Older road users road safety session - SAPOL

Date: Friday 28 October

Place: Gawler Sport & Community Centre, Nixon Terrace

This session is aimed at older road users.

Session includes:

- Australian Road Rules
- Fatal Five
- pedestrian safety
- fatigue
- fitness to drive
- motorised wheelchairs
- crash statistics
- ANCAP safety ratings
- personal property securities register
- reporting to police



**South Australia Police
Road Safety Centre**



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

2

Lunch at Salvos Riverside Cafe

Date: Friday 11 November

Place: 17 Edith Street, Gawler East

Come along to relax with a coffee, cake or meal on the courtyard, inside or even along the riverside. With music provided by FolkUs on this Friday.



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

3

U3A Come and See with Devonshire Tea

Date: Friday 25 November

Place: Gawler Sport & Community Centre, Nixon Terrace
in the Youth Shack, from 1.30 to 3.00pm
Gold coin entry fee (\$2)

An opportunity for members to get to know each other and learn about some of the groups and activities on offer. There will be information stalls, Devonshire Tea, and a raffle with proceeds to go to the cancer ward at Gawler Health Service.

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



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



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
or 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 fortnight at the Gawler Sport and Community Centre between 10am-12noon. (Term 4 commences Monday 17/10/2022 and the first Discussion Group Meeting will be held on Wednesday 26/10/2022).

Please feel welcome to come along and contribute to our group, have a cup of coffee and enjoy the conversation!

Jenny Dorsett - Leader, Discussion Group



The Train Trip for Friday Foray on 5 August 2022



After a ride on the new electric Gawler train, Alison and Dot enjoyed a coffee and interesting conversation in the Guardsmen Cafe at the Adelaide Railway Station. Now with confidence of using the train, and armed with a timetable, hopefully future travel may occur.

Next year, U3A may venture to Glenelg on public transport, taking advantage of free transport on Adelaide Metro.

Lesley Carnogursky.

Trip to Virginia Home & Garden Centre & lunch as a Friday Foray on 2 September 2022

Spring was around the corner and a U3A group headed off to this garden nursery for lunch at Doncho's Café and have a browse in the beautiful gift shop as well as the plant section.

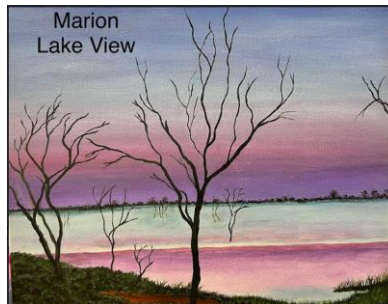
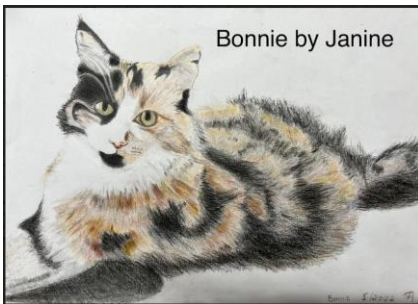
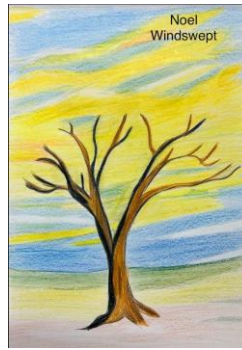
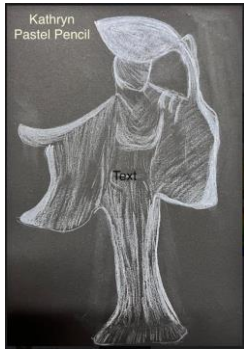


Imagine Art Group

Imagine Art Group is still flourishing and giving joy and learning to our members. We have had 2 new members this past term and continually get 10/12 members attending each week. We have had an art teacher come in 3 times this term to teach us the finer points of body proportion and colour blending. Also one of our members, Cheryl Bennett, is a fabulous artist and is happy to give us advice and direction if we need it too - *please pay attention to the picture she drew of a horse, it's amazing.*



Some weeks there is a lot of talking and laughter going on which is wonderful; fantastic, talented people; thank you all. **Jan Abel** - Leader



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

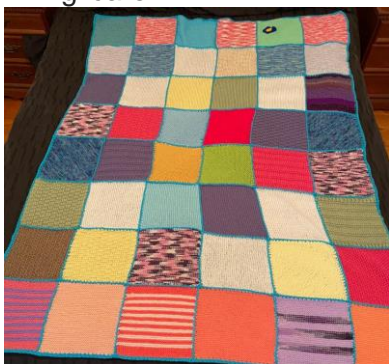
Here are a few scenes from various "rambles" during Term 3. The Ramblers / Amblers have a detailed Timetable on the back of each Gawler U3A Term Programme sheet. **Jo & Warren**, Leaders



Above – Morialta Falls (22 August)
Right – Wittunga Botanic Gardens (5 Sept)
Below right – Barossa Bush Gardens,
Nuriootpa (19 Sept)

Craft Circle

Our group felt a sense of quiet accomplishment recently, when the last of the knee rugs and blankets that we have been working on for several years were donated to a local group, the Gawler Community Centre. These will not be sold in their op shop, but will be passed on to clients of theirs as the need arises. Many of these blankets were put together from the metre-long strips that we decided on when we first organised ourselves, as well as knitted squares donated to us from other Gawler U3A members during the COVID shut-down. A similar number were donated earlier this year to the Quickest Warmth Project run by Anglicare.



These images from Knit a Care Square Facebook page, with permission.

To make it easier for some we have begun to diversify into smaller items that can still be donated to those needing warm clothing & accessories, etc. Several of us have made fingerless gloves using a very easy pattern, with Jan going a step further with matching scarves and beanies. Jan has also found a link to the *Knit a care square* online project which asks for simple **20 x 20 cm squares made with 8 ply wool and size 4 mm needles** (and some make *crochet squares in similar size*), making it easy for items to still be worked on into the warmer months. We will have the choice of putting them together ourselves or taking a pile of squares to the Elizabeth Rise Community for others to do so.

We would like to acknowledge the work of Daisy Cussans, who, ever since we shared the pattern for a Red Cross Trauma Teddy several years ago, enjoyed making different teddies wearing their own individually coloured and patterned jumpers. Daisy knitted at home and within the group, and every now and then took the train into the city to deliver a dozen or so teddies to the Red Cross headquarters. Of late she also donated some to the Gawler Fire Brigade. Sadly, failing eyesight meant that Daisy had to give up this labour of love, but somewhere out there 250 or so children will be feeling that love whenever they hug that special teddy.



Trauma Teddies knitted by Daisy

Our group members also work on their own activities, sometimes exclusively, sometimes as a change of pace, and not just working with wool. We have one member who does painting by numbers, another who sometimes brings hand quilting to do, and others knitting or crocheting items for themselves, or as gifts for friends and family members.

Donations from a deceased estate via another U3A member mean that we now have quite a collection of wool and knitting needles for anyone who may 'turn up' at our door (Room 3) on a Wednesday afternoon with nothing to do but wanting to 'check us out'. Regular attendance is not necessary either - just come when you can!

Fran Mason ph 0421 604 670

NEW

BADMINTON for SENIORS – Come'n'Try (Modified Badminton)

Badminton for Seniors - would you like to give it a go? In conjunction with Gawler Sport & Community Centre we are organising a Come N Try session on the new Badminton Courts in the Stone Pavilion. Please register with Jill if you are interested in participating and as soon as the installation is completed Jill will get in touch with registered participants to advise the time and day. (Jill - 0417 819 498)

FYI - <https://grownups.co.nz/interests/sport-recreation/guide-badminton-older-adults/>



U3A Gawler Christmas/End of Year Function Nixon's Function Centre.

Thursday 15th December 2022

Cost: \$25 per person (members & partners welcome)

Arrive from 12 noon *for food service commencing at 12.30pm*

MENU

MAIN COURSE:

Roast Turkey with roasted vegetables, cranberry sauce & gravy GF

Chicken Schnitzel with chips, salad & gravy

Beef Schnitzel with chips, salad & gravy

Battered Fish and chips with salad

Vegetarian Filo Pastry

DESSERT:

Pavlova

Christmas Pudding with brandy custard

Chocolate Nut sundae

Fruit Salad & Ice cream or Fruit Salad – no ice cream for lactose free option

•Tables of 8 (or 10) – please advise Jill if you wish to reserve a table for a group

Pre order and prepayment are essential.

Cash in sealed envelope with name and order on front via Leader

Bank transfer stating your name to BSB 105009 Account No. 065770140

(Gawler U3A account – same as the one you use to pay your annual fees)

and place food order via email to u3agawler@gmail.com (Jill)



RSVP – Monday December 5th

NEXT NEWSLETTER for Gawler U3A
Please **submit any articles**
for the next **Newsletter (for Term 1, 2023)**
by Friday, 5pm, 3 December, 2022

Thank you, Jan Stokes
Phone: (08) 85234539
email:
newsletteru3agawler@gmail.com



Newsletter

Vale – Daisy Cussans

Daisy joined Gawler U3A many years ago, at least since 2010, and became Leader of the Scrabble group in 2013. Then, with a wealth of knowledge, became a Committee member in 2014, contributing to the planning of ongoing activities for at least 5 years.

One of her skills was to knit Trauma Teddies for the comfort of young children, delivering her work to the Red Cross and later, to the Gawler Fire Brigade. A group photo of the Craft Circle shows Daisy (on far left) with some craft work.

At the 2021 AGM of the Gawler U3A, Daisy was awarded a U3A Life Membership.



YOUR COMMITTEE for 2022

CHAIRPERSON ~

Marie Wilson 0419 828 795

TREASURER and PUBLIC OFFICER ~

Peter Adams (to August 2022)

TREASURER ~

Stuart Dunk (from September 2022)

WEBSITE CO-ORDINATOR ~

Kim Rainsford



SECRETARY, PUBLIC OFFICER, PROGRAMME CO-ORDINATOR and MINUTES SECRETARY

Jill Richard 8522 6140 / 0417 819 498

CATERING ~ Marie Wilson

NEWSLETTER ~ Jan Stokes
newsletteru3agawler@gmail.com

COMMITTEE MEMBERS ~

Margaret Raggatt, Dianne McGough,
Maureen Aplin and Libby Clift

Spam Alert !!!

Beware of a new myGov identity scam. Fake emails are claiming to be from myGov. **DO NOT** open any links, **DO NOT** reply to any requests for identity checks, personal details or credit card information. You'll only get links from myGov in a myGov Inbox message. You can only see these messages **AFTER** you've securely signed in to your real myGov account. myGov will also **NEVER** email you asking for your personal or credit card details.

OUR ONGOING THANKS AND APPRECIATION TO:

Tony Piccolo (Member for Light)
and his office staff for their on-
going 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 (Term 4)

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 CLUBS 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.

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

COME 'N TRY—MODIFIED BADMINTON—A session led by Gawler Council staff will be held in the Stone Pavilion, date and time to be advised—watch the noticeboard and check your emails for details.

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.

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.

ITALIAN CONVERSATION FOR INTEREST & TRAVEL Developing an interest in Italy, the people, the country & customs. Stretch your mind and become more confident to speak in a language which is not your first one.

"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) No new members unless you have done some before, as in Term 3 we change our focus to continuing 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).

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

