



NEWSLETTER

GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

Address: PO Box 1581
GAWLER SA 5118

Web : www.u3agawler.org.au

u3agawler@gmail.com

"Like" us on Facebook

TERM THREE, 2023: July 24 to Sept 29



CHAIRPERSON'S REPORT

Good morning

The end of another term and into winter. Don't we know it. Rain and bitter cold - hope you are all keeping well and warm. Not invaded, as some of us have been, by mice. I have been in contact with a few of you, who, like myself, have had these horrid little visitors. Premises all clear now as I hope all others affected are too.

This term has gone smoothly. We are still getting a few **new members** which is very good. I extend a warm welcome to you all. Just a reminder if any new or existing member would like to visit another group, feel free to sit in and enjoy. You never know it may be your new class. You can attend as many or as few as you choose.

At the moment we are looking into the possibility of a new class "**Sitting Tai Chi**" as not everyone is as steady on their feet standing for an hour, me included, the arthritis in my ankles won't let me stand for long. After more research and if people are interested, this will be another class to consider.

Once again, we, as your committee, are thinking about our Christmas Lunch celebrations at Nixon's. Watch this space for date confirmation by our Secretary Jill.

The Leaders Meeting was a huge success. A number of leaders were awarded **Certificates of Appreciation** for 5 years continuous leadership (taken from 2018 to date), which is much appreciated by all U3A members, as without them there would be no U3A. As a token of appreciation, we went to Nixon's for lunch, and it was enjoyed by all.

We have new classes and groups, details following in the newsletter pages.

Unfortunately fees are going to be increased slightly next year. Stuart - keeper of our coffers - has been digging deep to keep us on an even field but, with everything increasing in price, a small increase was found to be necessary – still works out annually as less than \$1 per week !

Recently I attended a Friday Foray. David Kilner talked about the life of Sir Arthur Conan Doyle. Very informative and interesting.

Please see the new program for next term which will be distributed along with this newsletter. This semi-regular activity (known as Friday Forays) now has a new name - "**Outings and Events**".

Please be mindful and wear your badges at all U3A classes and activities. Thank you. Keep warm, be safe. *Always here for you*
Marie, Chairperson Phone: 0419 828 795

Certificates of Appreciation – *awarded to Leaders this year*

These awards have been presented to a number of Gawler U3A Leaders in appreciation for 5 years of leadership - 2018 to 2023. The Leaders meeting was held on Friday, 21 April 2023, followed by an excellent lunch function at Nixon's.

Joyce Fox	Belinda Swyghuizen	Linda Johnston
Jo Riley	Ann Weiss	Alan Gill
Pauline Barton	Noreen Hodgson	Maggie Cope
Jenny Dorsett	Fran Mason	Deanne Lecerf
Sue Stanner	Graham Mason	



Oh no! what happened to Friday Forays?

Well, there are so many other activities available to attend and not all happen on a Friday, so we now have –

Outings & Events

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

1

Tour of Gawler Civic Centre

FRIDAY FORAY – Where has it gone?

A change of name and day for Term 3 – you will find the heading **OUTINGS & EVENTS** on the Term 3 program. We have a tour of the Gawler Civic Centre with a chance for a sit down and a cuppa in the café and a presentation by the Library staff on the wide variety of programs and services offered. None of the events or outings occur on a Friday this term and it is hoped that some members who have other commitments on a Friday will avail themselves of the offerings.

The idea of a Civic Centre tour was suggested a few times but people were reluctant due to the lack of close-by parking, so we will leave from Nixon Terrace in a “Dial A Bus” and be dropped off out the front of the Civic Centre, then be picked up there after and returned to Nixon Terrace car park. There are only 18 seats on the bus so get in quick! If you wish to join the tour and NOT catch the bus please let Jill know as the tour guides take a limited number of participants.

2

Movie outings -

- a) **Wed 23, August – Reading Cinema at Elizabeth**
- b) **Tues 26, September – Gawler Cinema Silver Screening**

There will be two outings to the movies in Term 3. First one is Wednesday 23rd August to Reading Cinemas in Elizabeth. There are limited activities at the Sport & Community Centre on that day due to Gawler Show setup requirements. It is hoped the movie will be **Strays** at 10am. Transport can either be by train 9.17am Gawler Central or 9.21am Gawler sitting in rear of first carriage (arrives in Elizabeth at 9.40) or own vehicle. Lunch or a coffee after the movie will be at a venue to be decided.



The second movie outing is hoped to be on Tuesday 26th September at the Gawler Cinema – silver screening – details will be announced as soon as they are available – a notice will be put on the U3A noticeboard. Please register with Jill prior to the event so you can be kept informed of further details when they become available.

New classes and changes to the Program

Badminton & Pickle Ball

We have two **Come and Try** sessions using the courts in the Stone Pavilion – one for Badminton and the second for Pickle Ball.

Register with Jill if you wish to participate in these.

LEARN TO PLAY GUITAR

Brian Donaldson, a member of the Ukes & Company class, has offered to teach guitar.

This class has been scheduled for Tuesdays at 1pm – 2pm in the multipurpose room. Nine Members have enrolled to date.



ITALIAN CONVERSATION *Please note (attenzione) –*

Julie is not available to teach in Term 3, but the intention is to resume in Term 4.

Gawler Show – Sat 26 & Sun 27 August 2023

U3A class dates have been blocked out on the program for when the rooms are required for setup and pack-up either side of the Show – ***please check your program carefully.***

**Gawler U3A
Membership fees for 2024**

Fees for 2024 will increase to \$40 per individual, \$70 per couple/2 persons per household, \$20 for half year per person, and \$10 per person for Term 4.



NAME BADGES – Members please note
If you don't have a name badge issued for 2023 (it will not have the year printed on it) or need a replacement, please let Jill know prior to the start of Term 3 and a new one will be issued for your leader to give to you.
Please complete the information on the back of your name badge as a safety precaution and **always** have your name badge with you at any U3A activity.
Contact Jill - phone/text - **0417 819 498** or email - **u3agawler@gmail.com**

YOUR COMMITTEE for 2023

CHAIRPERSON ~
Marie Wilson 0419 828 795

**SECRETARY,
PUBLIC OFFICER and
PROGRAM CO-ORDINATOR ~**
Jill Richard 8522 6140 / 0417 819 498

TREASURER ~
Stuart Dunk

WEBSITE CO-ORDINATOR ~
Kim Rainsford

CATERING ~
Marie Wilson 0419 828 795

NEWSLETTER ~ Jan Stokes
newsletteru3agawler@gmail.com

COMMITTEE MEMBERS ~
Libby Clift, Margaret Raggatt, Kathryn Warburton and Lyn Hill

**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, Program, etc



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.

REPORTS FROM LEADERS

Craft and Leisure Group

Our Friday Craft & Leisure group have found their numbers decline of recent times and would like to put the invitation out to all members to come along with their favourite craft and enjoy the company and perhaps learn some new skills from others present.

Don't shut yourself away at home or get too busy to enjoy a favourite hobby/craft, make the time a regular thing in the week and bring it along on Friday from 9.00 – 11.30 am.

Noreen Hodgson, Leader



Craig with his animals, and other craft work completed by members



Sjoelen (Dutch Shuffleboard)

It has been great to have been able to recently welcome some new members to our group, which meets every second Friday afternoon. It can take a while to learn the action required to successfully send the disks down the board and into the four separate compartments, but once the learner has achieved that the first time, the game can become very addictive!

They can also be assured that those watching are cheering them on at all times. We keep an eye on everyone's scores, and applaud the one with the highest on the day, but it is always with a sense of fun and sharing of our highs and lows.

For a long time we have been using two boards (with up to 4 players per board) but next term we hope to have enough players to bring out a third and possibly a fourth board to accommodate the numbers and time allowed.

Do pop in and see what it's all about!

Fran and Graham Mason, Leaders



Watch this YouTube video to see more:

<https://www.youtube.com/watch?v=yzXTcXRyws>

REPORTS FROM LEADERS

Book Club with a *Twist*

Our book club members are always amazed at the variety of titles discovered by each other when we are faced with our monthly topics. So far this year we have shared books about strong Australian women, about road trips, and books with an elderly protagonist. At the moment we are reading "a book with someone's name in the title". There is always a range of fiction and non-fiction (often biographies or autobiographies) depending on the interest of the individual member. Our meetings are always interesting and we are sure that our latest members will fit in comfortably. *Fran and Graham Mason, Leaders*



Photos from the Monday Art Group



Jan Abel, Leader



National Military Motor Museum tour

Summary report from Jill Richard

On a chilly Friday morning we were treated to a very informative and passionate history lesson about the precinct in the Penfield area that was set up to support the war efforts and a portion of it now holds an amazing array of vehicles and implements used from World War I, II, Vietnam, Afghanistan and other wars that the people of Australia have been involved in. Jeff Pinney is a wealth of knowledge about the area and, as a retired serviceman, about the history of the defence forces. The vehicles were a portion of the visit with the stories surrounding them a wonderful insight into our history.

The museum is open on Sundays and public holidays and also has an upcoming open day on Sunday 24th September with vehicle rides and other attractions on the day. It is well worth a visit at 10 Sturton Road, Edinburgh, and I would encourage you to make a day of it - not far to travel, you never know what is in your backyard until you find these hidden gems and take the time to have a good look.



Ramblers

We had 4 interesting walks during Term 2. In the Adelaide Botanic Gardens we viewed an event called “**Seeing the Invisible**” which entailed having an app on your mobile phone to see things at various spots in the Garden that were not there, quite amazing!

Our second walk was to Wasleys which is 150 years old and May, being History month, was an ideal time to visit. Pauline Barton gave us a very interesting insight in to the Town.

Walk number three was along the Smith Creek Trail by country lanes ending up near St Columba College and a Lake, a lovely walk.

Our final walk was to Kapunda where we did the Pines Conservation Park which is a very pretty area. Term 3 has 5 different walks planned.

Jo & Warren.

Note: For details about the Ramblers and the walks, please see the reverse side of the Term 3 PROGRAM page – dates, times, locations, some weather condition advice, and Leaders of each walk is detailed.



Above – Trip to Wasleys – heritage buildings included the Hotel and Institute. The town was celebrating 150 years.

Left – The Pines Reserve, On the Clare Road, 7kms from Kapunda



Adelaide Botanic Garden

Bring your smart phone or device to reveal 13 works of contemporary art that become visible only through the magic of augmented reality (AR).

[Seeing the Invisible](#) is a free exhibition presented in eight countries across the globe.

Open every day until Saturday 30 September 2023. View during garden opening hours.

HOW TO SEE IMAGES :

Download the free* 2GB app, go to the gardens, start at Schomburgk Pavilion, follow the trail map. (* Google Play store or iOS App Store)

Above right and below – See the Invisible images via your mobile phone app



Gawler U3A Classes for 2023

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

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
NO VACANCIES

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. Incorporating a Chair Tai Chi session once a month. All welcome.

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.

DAYTIME BOOK CLUB. A new group in 2023. Meets on the 1st Tuesday of the month and all read and discuss the same book borrowed from the library network. **2 VACANCIES**

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. New members welcome

FRIDAY FORAYS now called **Outings & Events.** Expanded to different days to encourage more to attend. See the program to find out what is happening each Term.

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 Suspended for Term 3 while the leader visits Italy.

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

LEARN TO PLAY GUITAR. Come along with your guitar and learn to play or improve your skills with Brian.

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. **Call Berlinda before enrolling.**

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.

MOVIES – Go to a movie with a group of U3A members. Day of the week & location varies. See the noticeboard or contact Jill for details.

PUZZLE POWER Come and join us for fun and learning. Bring your own favourite puzzles or try some of ours. If you get stuck we will unstick you! Exercise your brain and tickle your funnybone :)

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) Continue to learn further movements in Tai Chi from beginning in Term 1.

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 (performed in follow-the-leader style).

UKES & COMPANY Play along with other ukulele players supported by players of other instruments.



Class List for 2023, as at 26 June 2023

Be "blown away" by the range of classes and activities!