

GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

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TERM FOUR, 2023: 16 October to 15 December



Hello members -

I sit out in the garden so pleased the weather is picking up and we have warm sunshine after months of cold, wet and windy weather. Enjoy it while we can

We have had a busy term, with three "look, see & try" events thanks to Jill our secretary. The first to be tried was **badminton**. It was very well attended and enjoyed by all. The second was **pickleball** again, and very well attended, and is very interesting to watch. And the third was **Sitting Tai Chi** — which was also very well attended. Unfortunately, the logistics of badminton and pickleball was too complicated with times, room and equipment so it has been left in the capable hands of the Recreation Centre. You can book courts and equipment with them and enjoy the games.

Sitting Tai chi will start classes in the new year (every other week) as well as chair dancing. Expressions of interest to Jill or myself so appropriate room size can be organised. Our membership is increasing steadily over the year We must be doing something right. The friendships gained at classes spills into after class chats, visits, etc. which is what it is all about.

Lunch groups and coffee trips are all on the agenda. We pride ourselves on being a warm friendly group of people who enjoy our classes and the company

During the winter months some classes have struggled to maintain numbers due to illness and other commitments, so here's hoping the better weather brings health and enthusiasm to us all again.

The Wednesday Craft group run by Fran has been very busy knitting and crocheting for the homeless of Gawler of which we have many. As a project, a few have been knitting matching beanies, gloves and scarves. The other knitters have been making blankets to give to them. If you would like to help come and join the merry band and have a cuppa. *Contact Fran for information.*





What are our other Gawler groups learning? We all know you are busy. Please drop Jan, our editor, information to go in newsletter. You never know you may find something new that you might like to try. Jill now has all the information available regarding our Christmas Lunch at Nixon's. See more information on page 4 in this newsletter. Hope to see you there.

Just a reminder please wear your badges at all U3A activities wherever you are. It is important Thank you

Keep healthy & happy. Always here for you. *Marie, Chairperson* Phone: 0419 828 795

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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. Many awards were presented earlier this year. In late July (Term 3) Jacq was presented an award.

Photo taken at Bell Chimers on 29 July, of Chairperson, Marie Wilson, presenting the 5 year certificate to Jacq Lerwill.



The Hospital Research Foundation Group

 Arthritis is working on a new project called 'Life Hacks' showing tips, tools, tricks, and other ways to make things easier. This project is there to help anyone who has difficulty with daily life. The first video is

Life Hacks - More Grip Less Slip, with a focus on helping anyone who has trouble with their hands. It's about cheap, simple ways to grip things better.



Notice to all U3A members – AMBULANCE COVER

All members are encouraged to have personal ambulance cover as the Public Liability Insurance which U3A has does not cover expenses such as ambulance and medical costs. It is an insurance which covers U3A for liability which may have occurred, and action taken by a person suing the organization for such.

Life Hacks - website: https://hospitalresearch.org.au/news/latest-news/life-hacks-more-grip-less-slip/

Notes from the U3A Online (Australia) newsletter August 2023

SA Free transport for Seniors

Warning about new Validator machines



Regarding public transport, take care that you are not accidentally charged when you use the new-style automatic validator. These machines have been upgraded so that fee-paying commuters can tap and pay their fare. **To avoid being charged**, please ensure that your Visa or Mastercard cards are kept separate from your Seniors Card so that when you validate there is no risk of a payment being debited to your account. Those of us who have been in the habit of swiping our whole wallet or handbag across the validator, now must **remove our Seniors Card** (from bag or wallet) to validate in order to avoid credit cards coming near the validator.



NAME BADGES – Members please note

If you don't have a CURRENT name badge for this year (it will not have the year printed on it) or need a replacement, please let Jill know prior to the start of each Term 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**

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 –



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



Movie outing -

Date – Tuesday, 17th October. Gawler Cinemas Silver Screening \$20 pp 10am tea/coffee before the movie,

Movie screening followed by a light lunch.

The Miracle Club – Set in 1967 Dublin, this mild mannered comedy explores grief and grievances with an ensemble that includes Maggie Smith, Kathy Bates & Laura Linney.



RSVP: 10th October

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Parliament House tour & morning tea -

Date – Friday, 10th November Arrival by 10.30am required (at Parliament House).

Tony Piccolo will host a morning tea followed by a tour of Parliament House on North Terrace, Adelaide.

Train 9.17am Gawler Central / 9.21 Gawler. Front carriage – *name badges to be worn.*

Arrival in Adelaide 10.11am – walk to Parliament House. Maximum 25 people – members only unless there are vacant spots. *RSVP: 31st October*



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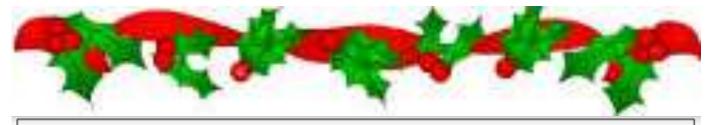
U3A Christmas Lunch at Nixon's, Gawler -

Date – Friday, 24th November, Time – arrive from 12pm, Food service starting 12.30pm



Cost: \$30 per person (members & partners welcome)
END OF YEAR/CHRISTMAS LUNCH Nixon's Function Centre.
Lunch menu is in this newsletter (page 4) and on the notice board. Pre payment and menu lunch selection required. Table bookings of 8 or 10 may be made with the names of all people on the table to be provided. *RSVP - Monday, 13th November*





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

Friday 24th November 2023

Cost: \$30 per person (members & partners welcome)

Arrive from 12noon for food service commencing at 12.30pm



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

Tea/Coffee provided

Tables of 8 (or 10) – Please advise Jill if you wish to reserve a table for a group and provide the names of all people to be seated at the table.

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 November 13th

New classes and changes to the Program

Badminton & Pickle Ball

Badminton is at the Rec Centre on *Fridays* between 11.30 and 2.30 at a cost of \$5 per session and

Pickle Ball is on *Mondays* between 1pm and 3pm cost is also \$5 per person.

These are not U3A activities but are being conducted by Town of Gawler.

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...





ITALIAN CONVERSATION (sessions start again in Term 4)

Buongiorno!

Tuesday at 10.30 to 11.30am with Julie Marshall (please see Term 4 timetable)

BELL CHIMERS

"Are you interested in learning or trying out for the group?

Our regular members have not all been able to attend on a weekly basis and it very much needs a consistent 'team' effort to be enjoyable and successful.

Please contact **Joyce Fox** on 0421 334 042 to register interest.



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.

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: Thank The staff of Gawler S Centre for everything our courses run smo

Tony Piccolo (Member for Light) and his office staff for their ongoing 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.

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REPORTS FROM LEADERS

Photos from the Monday Imagine Art Group (Mondays, 2 to 4pm)

Jan Abel, Leader

Imagine Art group has continued to flourish; members come and go but we still enjoy attendances of around 10 people a week.

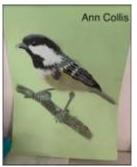
The group, as with all U3A groups is full of beautiful friendly people all of whom are happy to share their expertise with all members. Thank you to all of you.













The Men's Group

The Men's Group meets fortnightly at Café Nova. Generally, it's coffee and cake at 1:30pm although, on occasions, a lunch is organised. It's all very informal with an opportunity for members to chat amongst themselves. Any men looking for a social outing for an hour or two are most welcome to attend. The coffee and cake makes the outing well worth attending.

Kim Rainsford

The Friday Craft Group

The group continued to meet as normal, everyone helping each other, numbers are down and it would be great to see more joining us.

If anyone has a different craft maybe we could learn something new. Thank you, **Noreen Hodgson**

The 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 fortnight at the Gawler Sports and Community Centre between 10am and 12noon.



Term 4 commences from 16 October and the <u>first</u> Discussion Group Meeting will be held on Wednesday 25 October, 2023.

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

Jenny Dorsett, Leader

Ramblers

Term 3 had five different walks and we were blessed with dry weather. Keith took us on a River Torrens walk which was on a lovely trail we had not experienced before.

The walk to the Wynn Vale Dam, although surrounded by homes, had a real country feel especially seeing horses near the Dam.

Clonlea was on a trail with a difference as the ford was underwater and moving fast so we witnessed some historic looking homes before accessing the trail.

The Lake walk at Para Wirra in the Conservation Park was beautiful especially as lots of spring flowers were in bloom.

Our final Walk to The Newman's Nursery Ruins took us back in time, signage told us the story of how Mrs Newman drove her buggy to the city to sell her produce in Rundle Street as it was then, some buildings are still there but in ruins.

In Term 4 we look forward to having some Spring type walks. Jo Riley, Leader.

Note: For details about the Ramblers and the walks, please see the reverse side of the Term 4 PROGRAM page dates, times, locations, some weather condition advice, and Leaders of each walk is detailed.



U3A Ramblers walk on Monday 18 September – to see the ruins of Newman's Nursery at Anstey Hill.



Left & below -



Wynn Vale Dam





Our walk at Para Wirra, was a bit damp but we had a good time. Oh and beware of snakes. On the post







PROGRAM 2024



Expressions of interest

Are you interested in any of the following activities?
We understand you may say "depends on which day" or "depends on what time" but if you let us know your interest in general, then we can work from there. For example:

- Chair Tai Chi
- New course on a hobby you or a friend or group might have
- New course that a friend might like to present
- Talks on historic or other interesting topics

Please register your interest (no commitment) by emailing Jill at -

u3agawler@gmail.com

The 2024 program is starting to be created, planned and put together ready for Term 1, so **NOW** is the time to contact the Gawler U3A Committee, Jill, or Marie with thoughts and ideas, and registering your interest.

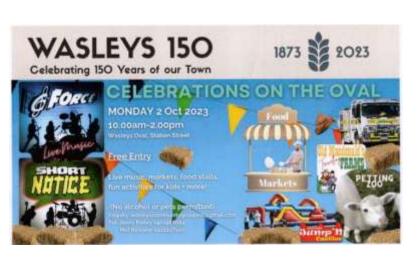
U3A Gawler **Program 2024**

Do you have a skill or interest that you would be willing to share?

For example –

A one-off talk?
A few sessions on a hobby?
Random days each month?
A whole term, two terms or
a whole year?

YOU DECIDE
IDEAS VERY WELCOME



TWO BIG EVENTS –
A Concert & Events on the Oval
Wasleys 150 years

Concert at the Hall –
Adelaide Plains Male Voice Choir,
Tamarisque & Guests
Sunday, 1 October, 2023,
2.00pm to 4.30pm
TICKETS (www.eventbrite.com.au)
\$12 General, \$8 child,
\$10 Concession/student,
Wasleys Institute,
45-47 Annie Tce, Wasleys