



GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

Address: PO Box 1581
GAWLER SA 5118

Web : www.u3agawler.org.au

u3agawler@gmail.com

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TERM ONE, 2024: 29 January to 12 April



CHAIRPERSON'S REPORT

Hi everyone

The year has flown by. Everyone seems to have been so busy. We had new share and tryouts of various activities. All very successful. Some have been introduced while some have not as they would be too difficult to administer.

We have slowly gained members throughout the year which is good news. The committee was invited to "fill seats" at the tv show South Aussie with Cosi. It was interesting to observe. Jill, Wayne and I were asked questions about Gawler and district but most of it ended up on the cutting room floor- so much for TV fame. 😊

Last week we had our annual U3A Christmas Lunch at Nixon's and although the numbers were slightly down on last year the atmosphere and food was very good as usual. Our many thanks go to Jill for organising the function. Unfortunately we are coming to the end of another productive year.

Looking forward to 2024 with new classes and new ventures – there will be many chances to try new classes and make new friends along the way. This is the last newsletter for 2023. Jan is all geared up for another informative, interesting Christmas Special. As you read through it I hope you enjoy the hard work that goes into producing our informative "newsy paper". Hopefully leaders will have supplied Jan with news for all of us to enjoy.

Information about enrolments and membership for Gawler U3A and details about the AGM are in this newsletter (page 8). Both events will be held early in 2024. I would like to thank all our Gawler members be it class support, leaders, committee and behind the scene workers for all their help in 2023. May it continue in 2024.

Have a wonderful Christmas and a safe, healthy, Happy New Year. Please remember the old plea
- please wear your badges at ALL U3A events.

Best wishes
Marie, Chairperson
Phone: 0419 828 795



ITALIAN CONVERSATION for Interest and Travel

by Julie Marshall

Italian Conversation for Interest and Travel, Gawler, commenced in Term 4 of 2022, as a spin-off from the U3A Online class, which had helped us all continue our interests while remaining isolated at home, during the COVID period.

The focus is on gaining confidence to speak and understand via verbal conversation, fun, music, practice situations and topics of interest. We typically learn a little about a place and region in Italy, then discuss/explore further.

During Term 1 and 2 of 2023, the class 'travelled' to Florence and Rome. Term 3 continued during my absence to Italy, with participants contributing to a script and discussing a restaurant menu of Tuscan specialities. The focus in Term 4 is Siena, Tuscany, Italy. Each person contributes differently, which makes the process even more interesting and fun.

No previous experience of speaking or learning Italian is required. Each week I am really impressed with the enthusiasm and progress of each member in class.

Buongiorno!

I close with five common myths about learning a second language:-

1. *Children are better at learning a second language.* Adults are better at goal-setting, time management and can connect their pre-existing knowledge and experience to help learning.
2. *You have to be fluent.* Learning a few key phrases and words can be enough to start working towards learning a new language.
3. *You need to spend a lot of money on learning materials.* There is so much available now at low-cost or free.
4. *You need a lot of time.* Consistency is key. A few minutes each day will start the journey.
5. *You need to live in the country to be fluent.* There are many other ways to immerse yourself in a language; movies, music, reading.

When : 10.30am -11.30am on Tuesdays (during public school terms)

*Buon
Natale*



Outings & Events

**Week 2 - Monday 5th February -
Café Nova 1pm - 3pm**

1

Women's Cuppa & Conversations

A women's group has been suggested by several members as a chance to get to know more people and have an informal get together. First Monday in February is a trial for this group and will include discussion on the future and what it may look like. Monthly, fortnightly? Is Monday at 1pm a good time. Could be lunch or a tea/coffee & cake whatever each person prefers. If you are interested let Jill know so an appropriate booking can be made, if you are interested in future get togethers and can't attend this one please let me know also.

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

**Week. 4 - Friday 23rd February – Gawler
Cinemas Silver Screening \$20 per person**
10am tea/coffee before the movie, Movie
screening followed by a light lunch.
RSVP 12/2/24

2

"The Colour Purple"

A story of the life-long struggles of an African American woman living in the south during the early 1900s. The film stars Taraji P. Henson, Danielle Brooks, Colman Domingo, Corey Hawkins, Halle Bailey, Phylicia Pearl Mpasi, and Fantasia Barrino in her film debut. The latter and Brooks both reprise their roles from productions of the stage musical.

Line Dancing

Classes are on Tuesday for intermediate / Thursday for beginner improver.

Line dancing is a form of a fun exercise. You make friends as well.

In addition to getting the older adults engaged in a healthy physical activity, line dancing is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia and depression.

According to the New England Journal of Medicine, participating in leisure activities like line dancing has been associated with a lower risk of dementia.

"Line dancing is fun, beneficial and everyone can do it," said Sam, a regular attendee. "If you can walk, you can line dance."

"The great thing about line dancing is that you can do it at any age," said Pam Fisher (*our group instructor*), instructs the group. "You are never alone when you are line dancing. Bring your body and your mind will follow."

Belinda Swyghuizen, Leader



Ukes & Company

Ann Weiss, Leader

Ukes & Company have enjoyed another second half of the year. We celebrated our third Birthday in style with singing, listening to musical items and watching a video presentation of "remember when". This was topped off, of course, with a tasty lunch and even tastier Birthday cake. We have welcomed some new players who have joined in well with the friendly group and our style of playing.

Once again we have ventured afield to play outside. On one occasion we had the challenge of dodging misty rain but our last adventure was accompanied by glorious sunshine.

We continue to be supported by an enthusiastic group of Harmonica players and Brian on his guitar. One player has mastered the art of swapping ukuleles according to the key of the song. Alec continues to keep the lead going on his mandolin. "Smithys" at Munno Para was delighted to host us for a rousing program of old favourites and Christmas songs.

As I write, there is a group busily planning our Open Mic and breakup lunch. We wish everyone a Happy Christmas and look forward to being part of Gawler U3A again in 2024



Ramblers

Jo Riley, Leader

Note: For details about the Ramblers and the walks, please see the reverse side of the Term 1 (2024) PROGRAM page – dates, times, locations, some weather condition advice, and Leaders of each walk is detailed.

VICTORIA PARK WETLAND

The Ramblers explored this new wetlands area on 30th October. It is a new 3.2 hectare wetland on Adelaide’s city fringe which has been completed, providing critical flood risk mitigation and delivering an outdoor recreation space for South Australians. The Victoria Park / Pakapakanthi wetland opened on 7 May 2023. (overhead image from Burnside Council)



Book Club with Lesley Moore



Hello from the U3A 1230pm Book club, **the books we have read in 2023:**

The Maid - Anita Prose	The Hare with Amber Eyes - Edmund De Waal
How to Stop Time - Matt Haig	Bye Bye Baby - Lauren Crow
Bombproof - by Michael Robotham	The Boy in the Striped Pyjamas - John Boyne
Denizen - James McKenzie Watson	Out of the Ice - Ann Turner

The books were chosen as they were new authors or books to us all. As a diverse group of people they loved/enjoyed/disliked, some books prompted the reader to search out other works by the author, some opened our views and understanding of other members opinions and/or histories. I think we would all say reading the books was worth the discussions.

We will be starting 2024 with Tomorrow and Tomorrow and Tomorrow by Gabrielle Zeven the book chosen by Choice as the best read of 2022. Happy Reading - **Lesley Moore**

Sjoelen – Dutch Shuffleboard

We continue to have a dedicated group of players meeting fortnightly to play "Dutch Shuffleboard".

Our scores may vary from game to game but the enjoyment does not, as those around each Sjoelen board participate in each other's turn by constant encouragement, commiseration or applause, often within seconds of each other.

We are looking forward to each finding out our individual highest points for 2023, in preparation for another fun year to come.

Fran Mason (Leader)



Book Club with a Twist

Fran and Graham Mason (Leaders)

Being able to choose a topic rather than a book to read each month always gives our get-togethers an unknown quality.

What was our topic in November?

See if you can work it out from the titles:

"Bitter Lemons of Cyprus" (Lawrence Durrell)

"The Frugal Wizard's Handbook for Surviving Mediaeval Europe" (Brandon Sanderson)

"Home to Biloela" (Priya Nadesalingam with Rebekah Holt)

"Treasure Coach from Deadwood" (Allan Elston)

"The Alexandria Link" (Steve Berry)

"The Librarian of Saint-Malo" (Mario Escobar)

"An Anthropologist on Mars" (Oliver Sacks)

"Death on the Nile" (Agatha Christie)

"London from my Windows" (Mary Carter)

"A Short History of Tractors in Ukrainian" (Marina Lewycka)

The books ranged from science fiction and historical fiction to mysteries, and three autobiographies which each made a deep impression on their readers.

As it was our last meeting for the year we started the evening with a "bring a plate" dinner, and finished with a fruit platter for supper. During the summer break we hope to visit a bookshop together, followed by lunch at a cafe nearby, before organising our list of topics for 2024.

A Happy Christmas to all from the Mason's cats & the Book Club mascots.



A: The November topic was :
a book with a real location in the title.

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

Art has continued to flourish with new members joining us too. These images are from our "Black and White" classes, as you can see they are all different but each is a wonderful achievement. We have great fun each week, with the decision on topics being made by the class as a whole. Long may we continue. We have a very relaxed, fun group and I appreciate the wonderful atmosphere there every week. Thank you everybody.

Jan Abel, Leader



YOUR COMMITTEE for 2023

CHAIRPERSON ~

Marie Wilson 0419 828 795

TREASURER ~

Stuart Dunk

NEWSLETTER ~

newsletteru3agawler@gmail.com

SECRETARY, PUBLIC OFFICER and PROGRAM CO-ORDINATOR ~

Jill Richard 0417 819 498

WEBSITE CO-ORDINATOR ~

Kim Rainsford

COMMITTEE MEMBERS ~

Libby Clift, Margaret Raggatt, Kathryn Warburton, Lyn Hill and Jan Stokes

CATERING ~

Marie Wilson 0419 828 795

As at 6 December 2023

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

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.

Craft Circle

Scarves, gloves, metre-length knitted strips, blocks, blocks and more blocks, blankets (bed size, lap size, pet size) and more! These items have been worked on and put together by a dedicated band of ladies meeting every Wednesday afternoon. Some of us knit the blocks or strips while others put them together, a task which can take many weeks. Some take them home to work on, while doing 'their own thing' on the day.

The items are kept until we have a good number, then donated to one of the local Gawler charities to be handed to those in need. Jan spends much time and effort colour-coordinating, working on and putting together the scarves and gloves (with matching beanies) into beautiful gift packages, as well as knitting dog blankets. She and Linda have also done most of the work when it comes to assembling the many finished blocks and strips into the colourful and thoughtfully arranged blankets. (Besides Craft Circle members, we are thankful to those in the broader U3A Gawler community (members and friends) who have also donated blocks to us.)

Of course, not everyone can knit or crochet, and our group also consists of those whose forte is a different craft, such as embroidery, tapestry, quilting, painting and beadwork. In the next newsletter we hope to include photos of some of the beautiful craftwork done by these members.

If you would like to join our group, work on your craft of choice, and share a cuppa and biscuit or two, do get in touch with us or just turn up at 1.30pm any Wednesday. We have spare wool and knitting needles for anyone who just wants company and something easy to work on. We can be a chatty lot, but can also drift into cosy, comfortable silences at times. We look forward to meeting you in the near future.

Fran Mason and Marie Wilson.



Gawler U3A Classes for Term 1 2024

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.

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.

CHAIR TAI CHI A gentle exercise program that is all done sitting down. Some tai chi movements, focus is on breathing and stretching following DVD instructions.

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. Meets on the 2nd Tuesday of the month and all read and discuss the same book borrowed from the library network.

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.

OUTINGS & EVENTS. A range of outings each term, 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.

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.

"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.

OUTINGS & EVENTS – Go to a movie with a group of U3A members, visit Parliament House or come to the end of year/Christmas lunch at Nixon's function centre.

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 (Beginners) Learn movements in Tai Chi from beginning in Term 1 and continuing on through the year.

TAI CHI (Intermediate) For those who have already learnt some Tai Chi and wish to continue. 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.



Posting out of newsletters to Gawler U3A members – an update

You may remember that a survey was sent out with the newsletters that were posted to members at the end of last term.

Our Secretary, Jill, received some responses and only one that indicated that it would need to posted.

If you currently receive your newsletter and program in your letterbox, and you have not responded to the survey sent out last term, **you will not receive it that way at the end of Term 1 for 2024** and will need to collect it from the reception area of the Gawler Sport & Recreation Centre instead.



Reception area of the Gawler Sport & Recreation Centre

ENROLMENTS and Membership Renewals, 2024

Enrolment (and Membership renewal) Day will be held on **Wednesday 10th January from 10am to 1pm.** *Information will be sent to all members shortly with details for payment of fees.*

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.

AGM for 2024 – Gawler U3A

The AGM will be held on **Wednesday 14th February from 10-10.30am** in the multi purpose room at the Gawler Sport & Community Centre, Nixon Terrace. *Please use the nomination form below, or one sent attached to general email by Jill, our Secretary.*

NOMINATION FORM for A. G. M.

For All Elected Positions Please fill in and hand in to the Secretary Thank you.

I hereby *nominate*:

For the position of: **for 2024**

Nominator: (please print & sign your name)

I hereby *second* the nomination: Signed:(please print & sign your name)

If elected, I agree to serve in the above position: *Nominee Signature*:

- Positions are: Chairperson
Secretary
Treasurer
7 x Committee