



GAWLER, SOUTH AUSTRALIA

ABN 46 772 015 357

NEWSLETTER

PO Box 1581 GAWLER SA 5118

www.u3agawler.org.au

u3agawler@gmail.com

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TERM TWO, 2025: April 28—July 4

CHAIRPERSON'S REPORT

Here's hoping you enjoyed Term One as much as I did and that our motto of fun, friendship and learning was true for you. The most common response that a wide range of people give me about what they enjoy about U3A are those three things: having fun, making friends, the social aspect and learning or relearning new skills. We are fortunate to have a wide range of activities from art and crafts, musical groups, the Italian language online or face to face, local history sessions, two book clubs, a discussion group and creative writing group; physical activities like Tai Chi, Ramblers, Sjoelen and line dancing; mental pursuits such as Puzzle Power, Mah Jong, Scrabble and Fun Games; and the purely social Men's and Women's coffee groups.

The Angel Flight talk and Museum excursion were thoroughly enjoyed by those attending. There will be a term-long Learn to Play Contract Bridge group at the Elderly Centre in Term 2 led by life member Arthur Davies. See his article on page seven.

These life members were honoured with a Life Member badge at the very successful

AGM or in person later: Maggie Cope, Arthur Davies, Judith Davies, Stan Pedersen, Jac Lerwill, Joyce Fox, Sue Stanner, Fran Mason and Pauline Barton.

Several new people were also awarded Life Membership for their service to Gawler U3A and they are: Linda Johnston, Margaret Raggatt, Jo Riley, Berlinda Swyghuizen and Ann Weiss. Congratulations and thank you to all these people for their service.

We also welcomed Jacquie Stapleton onto the Committee, making our numbers up to ten.

With people of this calibre, excellent leaders, committee and members our membership is continuing to grow to over 290. Keep learning, having fun and making new friends through U3A.

**Please complete and
return the survey
about social activities
for our group.**

Thanks,
Libby
(Chairperson)



2025 U3A GAWLER COMMITTEE

CHAIRPERSON (+ Asset/Resource Manager; U3A SA Rep): Libby Clift: 0417 876 860

SECRETARY (+ Public Officer; Program Coordinator; Room Bookings)
Jill Richard: 0417 819 498; u3agawler@gmail.com

TREASURER (+ Membership Officer): Stuart Dunk

WEBSITE CO-ORDINATOR: Kim Rainsford (www.u3agawler.org.au)

NEWSLETTER/FACEBOOK: Fran Mason (newsletteru3agawler@gmail.com); 0421 604 670

COMMITTEE MEMBERS:

Lyn Hill, Margaret Raggatt, Jacqui Stapleton, Kathryn Warburton, Rosie Warren

From the Secretary

U3A GAWLER SOCIAL ACTIVITIES for 2025

QUESTIONNAIRE

The Committee is seeking input from all members regarding social activities for 2025.

A question was raised at the AGM regarding the end of year/Christmas lunch. It was suggested that a return to the pre-COVID celebration would be more inclusive (and less costly for individuals).

The pre-COVID celebration was held in the Youth Shak mid-week with everyone bringing a plate of food to share. U3A provided drinks, plates, cups, etc. There was entertainment provided by different U3A groups, table quizzes, raffles, collection of gifts for under-privileged children and non-perishable food for local charities.

1. Would you be in favour of an event such as this, rather than attending an outside venue for a lunch paid by each attendee as in 2024?
 - (i) In-house celebration?
 - (ii) Catered out-of-house?
 - (iii) Both?
2. Are you prepared to be a member of the organising committee?
3. Are there any other social activities you would like considered during the year?

*** To find out the answers to the above, a questionnaire for you to print out will be emailed with the T2 newsletter & program, or collect it from the foyer near printed copies of the same.**

*** Please fill it in by 23rd May** and return it to the leader of a group you attend, or to any committee member, or post to PO Box 1581, GAWLER, 5118.

*Responses will be collated and members advised of the outcome in the T3 newsletter.

Please note: it is important that we hear from as many members as possible so that the wishes of the majority can be taken into account.

Thank you for your time,
Jill Richard, Secretary.



From the Website Coordinator

I hope all members have had an enjoyable and successful Term 1 for 2025 and are making full use of their U3A membership. Speaking of membership, I was delighted with the response of members to the **online Registration Form**. This year the form has been used by about 100 renewing and new membership applications. My thanks to the Committee for supporting my endeavours in setting up the form and a special thank you to those members who have made use of the form and made the effort to set up the form worthwhile.

Since the start of the year there have been a few changes to the form, aimed at assisting the Committee and the members. Firstly, when completing the form you will now need to identify whether you are a new or returning member. Secondly, a notification has been added if you apply for an activity that is full. This is an alert to warn members enrolling in a full activity that they may not have their enrolment accepted. If you have any problems with the form or suggestions to improve it, please contact me via the contact page.....

[\(https://www.u3agawler.org.au/contact-us/](https://www.u3agawler.org.au/contact-us/)

If you have misplaced your **term program** or need to view or print a new one then a copy is available on the website. Remember the copy on the website is the most up-to-date version and may differ from the original version you were provided with, particularly in relation to activities that have filled since the start of the term. Look for the program under the Activities tab on the website.

Another feature is the ability to send **photographs** that might be suitable for use on the website. The photos must be Gawler U3A specific, no larger than 8MB, and JPG format. All photos submitted will be considered for use on the website.

If you haven't yet visited the Gawler U3A website, use this link to access it:

<https://www.u3agawler.org.au/>

Best wishes for Term 2.

Kim Rainsford, Website Coordinator.

Reports from the AGM—12th Feb, 2025

Chairperson's Report – Libby Clift

Welcome to all our members, leaders, committee members and friends of Gawler U3A in attendance. Firstly, I would like to acknowledge the hard work and contributions of Marie Wilson for several years as Chairperson, leader and valued member of various activities including the beginning of 2024. I became Chair at the end of March 2024 after Marie's passing, being co-opted as I was a current serving member of the committee.

Gawler U3A is well served by a strong committee. Jill Richard is a very knowledgeable, hard-working person who as Secretary provides a lion's share of the organisation including bookings, program compilation, communications and so on. We are also well served by Stuart Dunk as Treasurer, a pivotal and vital position, and we are in a good financial position with clear processes and reporting. Kim Rainsford looks after the website, which is important in this digital age and he upgrades and improves this as needed. Fran Mason is our newsletter editor and producer and does an excellent job of this. Every committee needs members who will think about and contribute to the discussion of issues and help with events and we are fortunate to have Rosie Warren, Margaret Raggatt, Kathy Warburton and Lyn Hill as committee members. A special thank you to Lyn for her work around the grant for the PA system which enables more members to participate fully.

A very big thank you to all our leaders who ran a variety of over 30 activities including: Musical e.g. ukelele, guitar, harmonica, Jam Along, bell chimers; Physical fun e.g. Ramblers, line dancing, tai chi, Shibashi, shuffleboard (Sjoelen) and chair dancing/chair tai-chi; Games and Thinking Games groups such as scrabble, puzzle power. Mah Jong and Fun Games; Creative pursuits such as creative writing, art group (*Imagine*), Craft Circle, two book clubs, Italian, a discussion group, a men's and women's social group and a new Gawler History group. I would also like to thank the Friday Craft group for their contribution over the years as 2024 was the last year of this group.

All these activities have a social and cognitive benefit to 2024's 282 members. Research shows that participation in community activities aids healthy aging and a sense of belonging and achievement.

Last year many members enjoyed the *Let Us Entertain You* afternoon session with many toe-tapping sing along numbers and shared afternoon tea. A Leaders' Day was also held in July at Nixon's and our Christmas Break up was held there in December. The committee will be surveying members to gauge overall member wishes for social events. A very successful Come n try of Circle Dancing was also held resulting in this being a class for this year.

Thank you for your attention and thank you for your membership. If you wish to join us in our mission to provide low cost, safe, physical, mentally and socially stimulating activities for semi-retired people 50 years and over by being on the committee, please consider this.

Secretary's Report – Jill Richard

Another year has passed with many highlights and some challenges. We started the year with Marie Wilson as Chairperson and sadly and unexpectedly Marie passed away in March. I thank Libby Clift for stepping into the breach and very capably fulfilling the role of Chairperson for U3A Gawler throughout the remainder of the year.

Our committee has met regularly and I believe, guided the organisation admirably. The support of the staff at the Sport & Recreation facility is very much appreciated and their guidance and unfailing good humour when dealing with the myriad of questions from both myself and our members throughout the year makes coming here a very positive experience.

We have welcomed aboard leaders in John Wallace who has stepped into the role of leader for Beginner/Continuing Tai Chi – thank you John and thank you Maggie Cope for mentoring John in this role. Jacq Lerwill is now residing in Aged Care and Pauline Barton has now 'officially' become the leader of Chair Dancing/Chair Tai Chi. Thank you Pauline for your leadership with this group throughout the times when Jacq was in poor health. Thank you to Helen Hennessy who has given a series of talks on the History of

Gawler, Pauline for her talk in June and Elizabeth Caldwell who offered to teach Circle Dancing with a Come and Try session in October which has evolved into a regular Wednesday afternoon group. Women's Group lead by Berlinda became a reality in Term 2 and continues to meet on a monthly basis. Alan's harmonica group continued to get together throughout the year despite Alan having a period of ill health; thank you to Denis and his colleagues for stepping up when needed. The mid-year concert with Jam Along was a highlight enjoyed by members and visitors; thanks to the Jammers for the afternoon delight. Sadly, the Friday Craft & Leisure group decided to call it a day at the end of the year due to dwindling numbers over the years.

The untiring efforts of all leaders is greatly appreciated and admired; without you there would no U3A Gawler (or any U3A anywhere else). Special thanks to Stuart for his treasurer work, Kim for his website management – nothing is too much trouble for him, and to the many members who support the leaders by assisting with setting up and packing up each week. Fran for her newsletters each term and to Jan Stokes who stepped in while Fran & Graham spent several months in the UK with family.

There are too many individuals to mention here today but I hope you all know who you are and won't be offended by not being mentioned personally. TEAM – *Together Everyone Achieves More* is certainly true in this organisation. Thank you all.

Treasurer's Report – Stuart Dunk

2024 was a consistent year for U3A Gawler and I hope was enjoyed by all U3A Gawler members. As before our greatest annual expense is Rental of the rooms at the Gawler Council Recreation Centre where we conduct our classes, expending \$4,551.31 in 2024 compared to \$4,346.12 for 2023.

Our membership numbers were similar being 283 in 2024 compared to 280 in 2023.

I wish again to acknowledge the ongoing support of the Town of Gawler whereby U3A Gawler receives a substantial 90% discount on the cost of renting the rooms at the Recreation Centre used by our classes/groups. Without this support our membership fees would be much greater. And 'Thank You' to the onsite Council staff at the recreation centre who always cheerfully assist whenever needed.

I also wish to thank the office and staff of Mr Tony Piccolo, our local MP, with printing of our reports, etc. (Financial statements were distributed to members present and are included as a separate document with these minutes.)

2025 Life Member presentations at AGM

The Chairperson, Libby Clift, presented Life Membership to the following members for their commitment to U3A Gawler as Leaders and/or Committee Members over a number of years. They were each presented with a certificate and the new Life Member medallion.

Linda Johnston: Committee 2012, 2014, 2020. Leader of Theatre Group 2011-2018 (8 yrs); Circle of Life 2016-2017 then morphed to Craft Circle; Cryptic Crosswords/Puzzle Power 2021 ongoing.

Margaret Raggatt: Committee 2016—2024 incl. (8 yrs). Member of sub-committee for 30th anniversary celebrations (2018)

Jo Riley: Leader of Ramblers group (first with late husband Mike from 2013, then alone and with Warren). (11 yrs and ongoing)

Berlinda Swyghuizen: Committee 2018. Room Bookings/Fund Raiser organiser/Friday Forays. 2018-2019. Line Dancing T4 2018 cont (6 yrs); Beginners Line Dancing 2019 cont; Women's Chat Grp 2024 cont.

Ann Weiss: Committee 2018-2021 (4 yrs). Chair sub-committee for 30th anniversary celebrations (2018). Leader of various music groups from 2016-mid 2019; mid 2020 onwards (Jam Along; Jammers; Easy-Peasy Rhythm; Beginner Ukes; Ukes and Co.) (7 yrs altogether, ongoing)

The majority of our current Life Members (pre 2025) also received the new Medallion from Libby at the AGM. Current members are:

STAN PEDERSEN (2011) Committee member 1999-2003, 2005, 2013-2016; Treasurer 2001-2003. Leader Learners' Computer Group 2004, ongoing under other titles then Computer Help Desk 2011-2023. Photography and Word Processing classes 2005; Ran many 'one off' sessions on a variety of topics.

MAGGIE COPE (2012) (Longest current member from 1989). Committee 1989-1993; Chairperson 91-93. Introduced 4 classes in 1989 (Religious Studies, Myths and Legends, Recorder [4 years], Tai Chi). Returned to running Tai Chi (beginners/continuing) from 2013-2023.

ARTHUR DAVIES (2017) Chairperson 2011-2013. Leader Bridge; On the Shoulders of Giants 2001; Introduction to Psychology 2003; Earth, Air, Fire and Water 2003; A Guide to Happiness 2004; Culture Club 2006; Nuclear and Alternative Energy 2006; Global Warming 2007; Introduction to Computers 2007; Astronomy 2008; Show and Tell 2009; Drama Group 2011; Ramblers 2011-2013; Cupcakes & Coffee/Kaleidoscope 2014; The Human Story 2015; U3A Singers 2015; History and Science presentations 2019; Kaleidoscope 2019; Write Your Own Life Story 2020. Multiple 'one off' sessions on a variety of topics.

JUDITH DAVIES (2017) Secretary 2011-2015. Leader of a variety of Computer courses 2007, 2008, 2010, 2011. Support for Arthur's courses. Write Your Own Life Story 2020.

JACQUELINE LERWILL (2017) Committee member 2004-2008; 2011-2013. Chair Dancing 2003 for 20 years. Scottish Country Dance 2007 for 13 years. Ran two Fashion Parades with Norma Hamilton and two Ceilidh barn dances.

JOYCE FOX (2021) Leader Bell Plate Ringers/Bell Chimers from 2008 for 16 years.

SUE STANNER (2021) Committee from 2015 for 3 years. Tai Chi Intermediate 2007 to present (17 yrs). Mah Jong 2019 to present (6 yrs).

PAULINE BARTON (2022) Tai Chi/Shibashi 2017 to present (8 yrs) Back-up and now leader Chair Dancing.

FRAN MASON (2022) Secretary from July 2016 for 4.5 years. Newsletter editor from 2018 for 3.5 years, then from 2024 onwards. Book Club with a Twist with Graham 2017 ongoing (7.5 yrs); Friday Forays 2018-2020; Craft Circle 2018 cont; Fun Games 2021 cont; Sjoelen Oct 2020 cont.



Life Members after receiving their new Life Member medallions at the AGM (plus year award presented).

Jo Riley (2025), Berlinda Swyghuizen (2025), Judith Davies (2017), Margaret Raggatt (2025), Ann Weiss (2025), Sue Stanner (2021), Maggie Cope (2012), Arthur Davies (2017), Joyce Fox (2021), Pauline Barton (2022) and Linda Johnston (2025).

Absent: Stan Pedersen (2011), Jac Lerwill (2017) and Fran Mason (2022)

OUTINGS and EVENTS in TERM 2

Book via email (u3agawler@gmail.com) or phone/message 0417 819 498 (Jill) at least **TWO WEEKS** prior to the event.

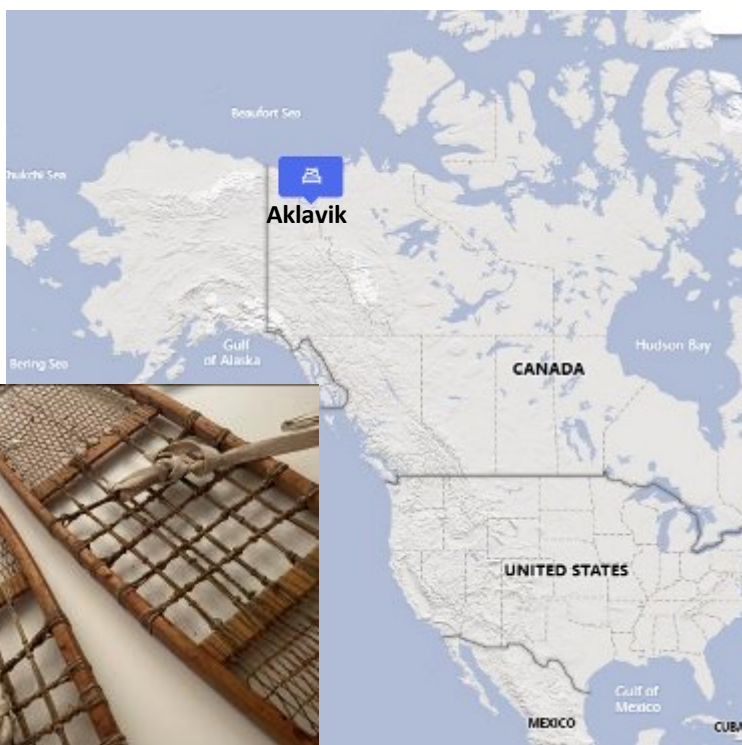
Friday, MAY 30th
(1.30-3.00 pm)

LIVING IN AKLAVIK (an Inuit Community at 68 deg N)
1970-72

Speaker:

U3A Gawler Member
Lesley Carnogursky

Lesley will bring with her these handmade snowshoes and other northern artifacts to accompany her talk.



Fri, JUNE 27th (12.30–2.30 pm)

THE HISTORY OF CHOCOLATE

Speaker: Alan Stark

BYO Lunch and mug—

kettle and tea, coffee etc supplied.

Alan's 30 minute Power Point post-lunch presentation is a fun info talk about how chocolate is produced, how it conquered the world and when some popular chocolate bars were launched. At certain times during the talk Alan hands out chocolate samples for everyone to eat!

BOOKINGS
ESSENTIAL FOR
CHOCOLATE
SAMPLES



Learn to Play Contract Bridge

This is an opportunity to learn how to play Contract Bridge, a game played in every country of the world by over 100 million people. If you can add up to 40 and count to 13 you can play Bridge and learn to play it well. Bridge is a social game where in each session you meet many people from different backgrounds. But beware: it is an addictive game and once you have mastered the basics you may be drawn in further to learn more about the wonderful intricacies and challenges the game has to offer.

The Gawler Contract Bridge Club is offering a one term course in the Elderly Centre, 25 Fourteenth St, Gawler South, on Fridays from 10.30 am to 12.30 pm starting 2nd May, ending 4th July. The course, including all resources, will be provided free of charge.

After completion of the course you will be given the opportunity to join the Gawler Contract Bridge Club and play on a regular basis. To register your interest contact the President of the Gawler Bridge Club, Arthur Davies, at ajdavies45@dodo.com.au or ph: 85235694.



Ladies' Friendship Coffee and Chat (Women's Group)

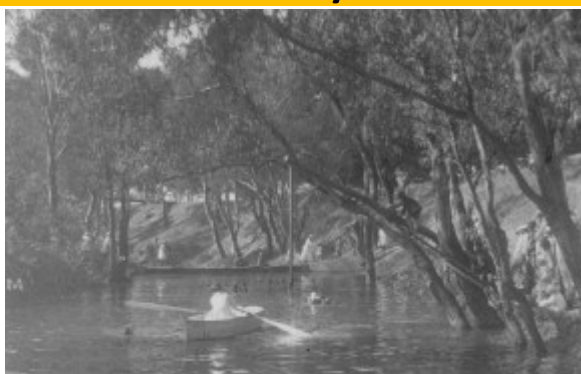
Meet at 12.30 pm at Recreation Centre Carpark for car-pooling.

5th May, 1 pm—3 pm @ 181 Murray Street, Tanunda

2nd June, 1 pm—3 pm @ 40 Murray St, Nuriootpa
Ring BERLINDA 0434 485 989 for more information.



Gawler History Talks



"At the end of 8th Street, formerly known as Water Street, sits the parkland which was once home to Chinese market gardeners.

Previously known as Duck Flat, Goose Island sits about 4 metres below the level of the rest of the town, and is little known outside of Gawler."

Listen to Helen Hennessy on the History of Goose Island on **16th May** at 1.30-3.00 pm in the Multi Purpose Room.

The Forgie family has been part of Taylor and Forgie since 1855 when a young 23 year-old Scottish immigrant Alexander Forgie became part of the Builders and Undertakers known as W.S. Taylor in Tod Street, Gawler.



Mark Forgie will speak on THE HISTORY OF TAYLOR AND FORGIE on **13th June** from **1.00-3.00 pm** (NOTE START TIME).

Tod Street premises

Museum Tour

On 28th March eleven U3A members caught the train into Adelaide for a general highlight tour at the South Australian Museum (SAM) by experienced and qualified tour guide (Colleen Moore). Most had not been there for a period and it was interesting to hear how having a guide changes the experience.

The tour started at approx 11.15 on these 3rd floor galleries: Ediacaran (beginning of life); Mawson (Polar Gallery); Megafauna and Opals. Colleen is exceptionally qualified to discuss these areas as they are her passion. The group enjoyed her talk so much that she was asked to continue into the Biodiversity Gallery where she centred around the Australian Animals. The tour continued until the guide ran out of voice.

Comments from those who attended are as follows:

a) *I so enjoyed this day. The areas we went to were some of my favourites in the Museum, the tour guide Colleen had so much interesting information, complemented by our U3A contact (and tour guide) Jacqui.*

b) *It's many years since I visited the Adelaide Museum and I thoroughly enjoyed the trip. What an amazing amount of detail, all so beautifully presented. My favourite part was looking at the animals and birds and the expert taxidermy on all these creatures. What craftsmen they must be to capture so well the essence of these creatures. How amazing these creatures are up close. Thanks for an enjoyable day with Colleen. (The taxidermist for SAM was Jo Bain and could possibly still be there.)*

c) *Colleen's specialty was Geology, covering Tectonic plates and why most of Australia started off on the sea floor. Great stuff! We saw sparkling bones of Plesiosaurs and general marine life that had been opalized; then on to native birds and animals. I was fascinated to hear about the emu. After a couple of weeks of incubation Father kicks Mother off the nest and for 50 days (that's right!), he takes over all care and becomes a sole parent. Wifey is then free to do her own thing. I like those emus. It was also a delight to watch the tiny children on their first visit with lots of shrieks and squeals. A great day out. Kathy W.*

d) *The museum tour was very interesting, engaging and time passed quickly. The group interacted well and were able to contribute to the conversation. Very relaxed. Standing for lengthy periods could be broken up with a break between floors when time allowed. Best way to see the museum so you get full appreciation. Look forward to the next tour.*

E) *A big Thank You to Jacqui for taking us to the SA Museum. We saw fossilized seabeds, mega fauna, opalised fossil bones and shells, a replica of Mawson's Hut, even what our first Australian Astronaut wore in space. I was fascinated when Jacqui explained how opal is formed, a new piece of knowledge for me. Thanks again. Sue Stanner*

f) *Very well organised and interesting, the guided tour made it far more understandable; we were impressed with the knowledge and personal stories relayed to us. Everyone was very friendly; it was a most enjoyable experience. We look forward to the next tour. Roger and Janet Dennison*



Editor's Note.

Thank you to Jacqui and all the museum tour participants for their input into this very interesting article. To make as much room as possible it was necessary to cut some words out or paraphrase. Apologies for this. Fran M.



g) *The museum visit was so informative and fun. Both Jacqui and Colleen provided such a depth of knowledge on the areas we visited. I was also captivated with the back stories you provided to various topics. Thanks so much for organising such an educational visit. My sister Joan and I would certainly be very interested in another excursion. There are so many floors of interest and intrigue.*

Unfortunately, time did not permit to complete the other galleries or in fact the whole of the Biodiversity Gallery and it is hoped that other tours will be organised. Colleen has shown willingness to give a talk to the Gawler U3A. We had coffee as a group after the tour finished and encouragement to either explore the museum further or the city and its offering. *Jacqui Stapleton*



(Photos provided by Lyn Hill)

Living in Aklavik—Lesley Carnogursky

Friday 30th May, Term 2 from 1.30-3.00 pm.

AKLAVIK—place of bear - is located on the western side of the Mackenzie Delta, east of Alaska. It is a First Nation community in the North West Territories of Canada, above the Arctic Circle.



In 1970 - 72 I lived in Aklavik, where I received a Hudson Bay ration once a year, wore mukluks but did not eat muktuk! I will share my northern items that alarmed Australian Customs, and had to be gamma-radiated in Melbourne before I could claim them. *Lesley*



Ramblers

In Term 1 the Ramblers had four lovely walks. Clonlea is always our first in the term as it's shady in the hot weather. This was followed by a beautiful beach walk from Glenelg to Brighton, enjoyed by a good turn-up. Then we did a walk around Gawler past the swimming centre, Meals on Wheels and various other points of interest. Our final walk on another gorgeous day was the Anna Rennie historical walk around Port Adelaide Harbour, which was another good turn-up of Ramblers. More interesting walks are planned for Term 2, which should be enjoyed in kinder temperatures: a local river walk; Roachdale Nature Trail; Morialta Falls, Kaurua Park Wetlands and a River Torrens walk. *Jo Riley*



On a lovely sunny Monday, (24 March), 25 members from the Ramblers took two trains, getting off at Ethelton Station for a walk around Port Adelaide. The group split up with some being more adventurous and taking a longer walk. Well done Jo and Warren for leading another great walk. *Josie*

Book Club with a Twist

When a topic is chosen for the following Book Club meeting we never know what the results will be, as each of us goes looking for a relevant title as well as an interesting book to present to the rest of the group. We now know it's best not to judge a book by its title! A 'last resort' choice can result in either a disappointing or a surprising read; at other times a real gem of a discovery occurs. "A book with an animal (i.e. any creature) in the title" yielded a great variation in both fiction and non-fiction writings.

Titles where the type of creature is an irrelevant side-note to the story or information:

The Seagull (A Vera Stanhope Mystery #8) by Ann Cleeves (2017). "Seagull" is the name of a pub.

How to Teach Philosophy to Your Dog by Anthony McGowan (2022). The author discusses philosophical questions while taking his dog for a walk in the English countryside.

The Spotted Dog (Corrina Chapman #7) by Kerry Greenwood (2018) The protagonist (a baker) and her private-detective partner, help an ex soldier search for his stolen dog, while other important happenings occur at the same time. The dog is rescued towards the end of the book.

Titles which use a quote from elsewhere

Lambs of God by Marele Day (1998) Three forgotten nuns live a frugal life on a Tasmanian Island, tending to their flock of sheep, which they believe hold the souls of other nuns who have died.

Of Mice and Men by John Steinbeck (1937) "The best-laid schemes o' Mice an' Men ...gang aft agley" (Robert Burns 1785). Two poor American friends share a dream during the depression.

Talking creatures

The Cat who Cracked a Cold Case (Conrad the Cat Detective #3) by L.T. Shearer (2024) A talking cat and retired police detective Lulu solve crimes together.

The Lucky Galah by Tracy Sorensen (2018). Lucky the galah narrates the events happening in a remote WA town, with its satellite dish that plays a pivotal part in the 1969 moon landing.

Books whose author has a real-life relationship with the animal

The Secret Life of Wombats by James Woodford (2002) A science reporter researching the 3 wombat species; a 15 year old school-boy explores their burrows in the 1960s; facts, information and anecdotes about these endangered, maligned native marsupials.

A Wolf called Romeo by Nick Jans (2014). The 6-year friendship between a lone black wolf and the people and dogs of Juneau, Alaska, told by one of the inhabitants, an ex-trapper and hunter.

Red Tails in Love: Pale Male's Story—a True Wildlife Drama in Central Park. Marie Winn (1998) Set in the Ramble, a wilderness in the heart of New York's Central Park, birders follow one hawk's love life.



The final three true-life stories really made an impact on our presenters and their listeners.

<https://www.allaboutbirds.org/cams/red-tailed-hawks/> (LIVE CAMERA VIEW)

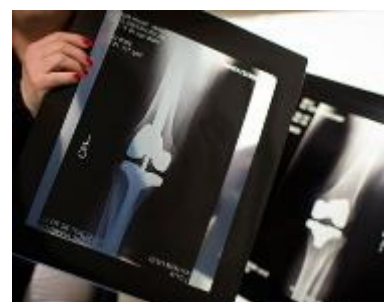
Recycling and Waste Disposal News

Do you do the same as we do and keep your old x-ray films for years on end "just in case"? Have you decided that it may be time to dispose of them with x-rays now often saved online?

Did you know that x-ray films contain heavy metals and must not go in your waste OR recycling bins? What can we do instead?

1. Check with the Radiology Group which issued the x-ray. They may accept them.
2. For a small quantity: place them in an envelope and post to Siltech, Unit 7/220 Barry Rd., Campbellfield, VIC 3061.
3. Drop off: Ecocycle, 1A Portsmouth Ct., Gillman SA 5015. (Mon-Fri 7 am to 5 pm)

Information courtesy of Jones Radiology.



It starts with you

Gawler

If you are passionate about your local community and want to make it more dementia-friendly then this session is for you.

You will understand common myths and stereotypes and discuss the many ways people can live well with dementia everyday. You will learn what a dementia-friendly community is and how it benefits the whole community. You will explore practical examples and identify a process for 'getting started' as an individual or as a community, to enable your community to be dementia-friendly.

Supported by:



When: Thursday, 1 May 2025
10:30am - 12:00pm

Where: Gawler Sports and
Community Centre (Youth
Shak) Nixon Terrace, Gawler
SA 5118

Cost: FREE

Additional information:

Bookings are essential.

*Please register via the Eventbrite
event link below

Morning tea provided.

Find out more

Please contact Liz Withall on 0491 691 663 or by email at
liz.withall@dementia.org.au
Book on: <https://iswygawler.eventbrite.com.au>



This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

Find us online **dementia.org.au**



For language assistance
call **131 450**

OUR ONGOING THANKS AND APPRECIATION GO TO:

***The Council of the Town
of Gawler*** for providing a
venue which can encompass
all our activities

***The staff of Gawler Sport
and Community Centre***
for everything they do daily
to help our courses run
smoothly

***Tony Piccolo (Member for
Light) and his office staff***
for their on-going support in
the printing of our
newsletter, programme, etc

Gawler U3A Classes for Term 2, 2025



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

BASIC UKULELE Suitable for new & beginner players. Get to know your ukulele through a steady paced series of songs & routines.

BASIC ITALIAN – Start your Italian language journey on Tuesday mornings or online via zoom on Mondays.

BELL CHIMERS Easy to follow & learn. Interested members are most welcome to join. More members needed!

BOOK CLUB Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month. 2024 attendees given priority. Waiting list available

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.

CIRCLE DANCING. Learn dances from different countries from simple to more complex as time goes by. Good exercise in a fun and welcoming group.

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.

12.30 BOOK CLUB. Meets on the 2nd Tuesday of the month. All read and discuss the same book borrowed from the library network.

DISCUSSION GROUP Many & varied topics bring out lively, sometimes spirited, relevant & meaningful discussions & a range of different thoughts & opinions.

FUN GAMES A (DOG PLUS) Fortnightly Swiss game using board, marbles & cards. Tactical, addictive, enjoyable. Other games introduced periodically.

FUN GAMES B (RUMMY-O PLUS) Fortnightly Our favourite game preceded each session by another game to broaden our repertoire.

HARMONICA New members welcome. No previous experience required.

HISTORY - A series of talks on some of the history of Gawler – see term program.

ITALIAN CONVERSATION FOR INTEREST & TRAVEL. Ciao. Develop an interest in Italy, the people,

the country & customs. Stretch your mind & become 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.

LINE DANCING Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing. Previous experience necessary. *Call Berlinda before enrolling.*

MAH JONG "Western Game" rules, with endless variations. *Check with Sue (leader) before enrolling.*

MEN'S GROUP We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. An opportunity to have a friendly chat and pass the time of day.

OUTINGS & EVENTS – Check the program – page 2 to see what is organised for the current term.

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!

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

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

UKES & COMPANY For ukulele players and supporting instruments.

WOMEN'S GROUP Get together at various venues on the first Monday of the month at 1pm for a chat and a cuppa or perhaps a meal. Venues vary.