



GAWLER, SOUTH AUSTRALIA

NEWSLETTER

PO Box 1581 GAWLER SA 5118

www.u3agawler.org.au

u3agawler@gmail.com

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ABN 46 772 015 357

TERM THREE, 2024: July 22—Sept 27



CHAIRPERSON'S REPORT

Firstly, I would like to thank all leaders and members for making me very welcome when I visited each activity. This was a way to get to know our organisation better and to help me in my role as chairperson. Wow, what a great range of activities.

What I observed was very high levels of engagement, enjoyment, learning, satisfaction, fun and positive social interactions. When I asked members what they liked about U3A it was the fun, the activities themselves, the social aspect, using their brain power in activities and the people in their group or groups. Most had learnt about U3A from a friend or word of mouth in the community.

You are welcome to bring a friend to try out our activities, if it is not one marked as Full. Just ring or ask the leader first, please. Potential members are welcome to come and try a session for free, and current members can attend different groups with no additional cost. Great value!

Please note that a couple of our groups are looking for a few more members. Having attended both Bell Chimers and Friday's Craft group I can recommend them. See more in this newsletter.

Also in the newsletter we are including information about *Tech Chats* and *Being Digital* courses in the Gawler Civic Centre, and an article about recycling plastics. We are also starting to look back on the history of Gawler U3A (which has now been going for 36 years), with an introductory piece on where and when U3As began, and more articles in following newsletters.

Finally, if you know of a good speaker for our Friday Forays please let me or Jill Richard know. In fact, you may have an interesting tale to tell yourself.

Best wishes,

Libby (Chairperson) 0417 876 860

STOP PRESS!

There is an opportunity for a U3A member to join our committee and represent the members, with no committee experience required. Our constitution allows us to co-opt a member should a position become vacant. As a committee member for two years I can say that it is not onerous and is enjoyable. We meet once a month at the Recreation Centre for 1—1.5 hours with occasional other tasks. You are most welcome to join us. If you want more information please ring Libby on 0417 876 860 or Jill on 0417 819 498

2024 U3A GAWLER COMMITTEE

CHAIRPERSON; Asset/Resource Manager; U3A SA Rep: Libby Cliff: 0417 876 860

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

TREASURER: 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, Kathryn Warburton

FROM THE SECRETARY

Please wear your U3A Gawler Name Badge

If you don't have a current U3A Gawler name badge please contact Jill and she will produce it during the term break for you. It is important that you complete the information on the back of the name badge and have it with you at all U3A activities and functions. It helps everyone get to know one another better and ensures that the leaders can mark the roll efficiently. Thank you.

JILL RICHARD (Secretary)

Make sure we can keep in touch!

Have you changed your email or postal address or phone # recently?

If so, please let our secretary Jill know, either by completing the form on the website (www.u3agawler.org.au) or contacting her via email or message (u3agawler@gmail.com) or 0417 819 498.

FRIDAY FORAYS/OUTINGS AND EVENTS

Would you be prepared to come along on a Friday afternoon to share your life story with a group of friendly fellow U3Aers?

We are looking for ideas for Friday Forays and it has been suggested that our members have a wealth of life experiences they might like to share. It could either be a one person event or a shared event depending on how you would like to present it. Jill is more than happy to assist with putting photos into a PowerPoint presentation to assist people.

You may have been born overseas and moved to different places before settling here. You may have travelled and be happy to share your holiday/trip with others. You may have had an interesting job that you could talk about.

If you have other suggestions for a Friday Foray or Outing/Event, either in house or at another location and would be happy to be the 'leader' of the outing, please contact Jill.

OUTINGS and EVENTS

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



Wednesday 14th August 1pm to 3pm



Come along and be entertained by our very own **Jam Along** group. Bring a plate to share for **afternoon tea**. Hot drinks will be provided.



What I like about our U3A's

★ **NEW ACTIVITY** ★ *(see Term 3 Program)*

In Term 3 we have a new activity — **Gawler History**
This will be held monthly on a Friday, 1.30 — 3.00pm in
Terms 3 & 4 (2024) and Terms 1 & 2 (2025). Talks will be
given by Helen Hennessy covering various aspects of
Gawler's history. Contact Jill to register on 0417 819 498

Men's Group

I enjoy the coffee and cake and occasional
lunch. I've met new people who I might
not have come across otherwise. We chat
about all sorts of things, and suddenly the
time is gone!

Scrabble

It keeps my brain active and increases my word power. The challenge and fun of learning new words.

Good company and meeting new people while doing a new activity. Interacting with people.

Everything! The game. The people. I have played since I was a kid. Problem solving.

Revisiting something I played as a child when there was no other entertainment on the farm.

Good company and a bit of fun. Testing yourself.

No matter what your level is you can have a good game. Beginners to Advanced are all welcome.

Fun and Games

We play games and have fun doing it. There are several games we can play but usually it's Rummy. It is a very friendly group and we often have a few laughs while playing, and a cuppa and chat halfway through the afternoon. I really enjoy going to this group every other Monday afternoon.

Bell Chimers

I like working as a team. Many parts together make a whole. We're all friends. It's a friendly group.

I don't know a crochet from a quaver, but I can help create this beautiful music.

I love the sound of the bells. It's like a meditation. I'm a musical refugee but I can create music here in a group.

It's great for coordination and improving focus. We support and help each other as we learn.

We learn new skills, keep our brains working and active.

Sjoelen (Dutch Shuffleboard)

It's fun and something new to try. The group of people are nice and it doesn't matter whether we are competitive or not.

I enjoy playing it, and as an added bonus both the brain and body get exercised! Give it a try.

Craft Circle

We do a very wide variety of crafts, for example tapestry/cross-stitch, diamond art, quilting, knitting and crochet. There's lots of talking and laughing and our leader Fran keeps us all in check.

Book Club with a Twist

I had never been in a book club although I had heard people in other book clubs complain about their book and the discussion, and people getting annoyed. Our book club is not like that, as we choose a book based on a theme, e.g. a "title with a colour in it". In this way we can choose a book we like, although it really has encouraged me to read more widely and more overall. This is good for the brain and a good recreation. Just as important is the welcoming atmosphere our hosts Fran and Graham Mason provide, and the interested, respectful listening and appropriate questioning our members display. Then ... there is a very good supper and lunches during holiday times at various locations.



U3A GAWLER's 5 Music Groups



Music is much better when it is shared - especially with coffee and cake.

Once again "Ukes and Co" have been out in public and playing for the passers by.



UKES AND CO

Ann Weiss
0415 663 041

This time the audience decided to accompany our Rock n Roll tunes with some very impressive dancing. Our new members are settling in well and getting used to some of the quirky things we do. We welcome other instruments besides the ukuleles, as well as singers, every Tuesday morning 10.45-12.15.



LEARN GUITAR

Brian Donaldson
0414 422 545

This is the guitar beginners group. Sometimes there are a few more people. I like to keep the group small so that I can give some personal attention. We have a lot of fun and they have all learnt a lot.

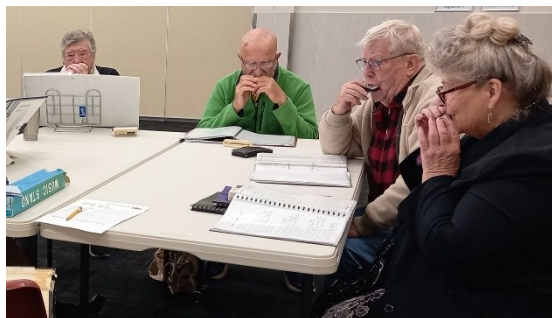
TUESDAYS 1.00—2.00 pm

HARMONICA

Alan Gill
0400 459 575

Do you have a harmonica packed away somewhere?

Why don't you come and join us? No previous experience required. WEDNESDAYS 10.30-12.00





BELL CHIMERS
Margaret Wallace
0413 775 689

We are looking for a few more to join our team. The more we have, the fuller the sound. Come along and have a look, and a play as well if you have found that it works for you. Everyone gets 2 chimes, one in each hand; it's a little flick of the wrist to make the sound.

Interested?

Ring Margaret on 0413 775 689
We meet on Thursday 12—1.15pm Room 3.



JAM SESSION on Wednesday (1-3pm) is made up of various ages over 50, who have a love of music and great sense of fun. It doesn't matter how well or not you play with whatever instrument, you are welcome to come and join in the fun. New people are always welcome, but you must be open to having a good time.



JAM ALONG
Jim and Rita O'Reilly
0439 809 323

The Origins of Universities of the 3rd Age

Did you know that the first U3A was started in Toulouse, France in 1973...

...when a highly rated gerontology* course, run by Prof. Pierre Vellas at the Faculty of Social Sciences, Toulouse University exclusively for local retired people, led to the formation of the first U3A? (5 years earlier, legislation had been passed in France requiring universities to provide more community education.) *Gerontology is the study of the social, cultural, psychological, cognitive, and biological aspects of aging. In France, and other countries in Europe, each U3A University group is still linked with a local university which can provide highly qualified teaching personnel, a variety of subject choices, and opportunity for students and faculty to conduct research based on the professional, cultural or historical experiences of the elderly, etc.

U3As teach in many fields according to the interests of the groups of older students (usually 55+) such as computer skills, languages, entrepreneurship, hereditary law, religion, politics, etc. They do not issue diplomas. Some U3As provide vocational training and formal continuous education opportunities.

U3A changed substantially when it reached the UK in 1981. Rather than relying on university goodwill the founders of the British model decided that there was to be no distinction between the teachers and the taught. Members would be the teachers as well as the learners. The "self-help" ideal was based on the knowledge that experts of every kind retire, thus there should be no need for older learners to have to rely on paid or unpaid Second Age teachers.

The UK network now has more than 1,000 groups, in towns and cities; as of January 2020 total membership exceeded 450,000. Each U3A is an independent self-financing and self-managing charity with links to the Third Age Trust, a national coordinating body, and comprises a number of activity groups which may cover many different topics - e.g. arts, languages, physical activity, discussion and games.

Two distinctly different approaches to U3A have been successfully adopted by a number of countries.

Many English-speaking countries have followed the UK model. **Next term we will discover when and where the first U3As started in Australia, and how Gawler U3A came into being.**

<https://worldu3a.org/resources/u3a-worldwide.htm>
https://en.wikipedia.org/wiki/University_of_the_Third_Age

Friday Craft and Leisure Group

SPECIAL ACTIVITIES ON OFFER!

Friday Craft Group would like to offer the opportunity for anyone interested to come along and **MAKE AND TAKE A CARD**. Our leader, Noreen, will organise a kit which will have what is required to make a card that you keep. She would need to know who is interested by the end of the 3rd term so she can organise for the start of the 4th term.

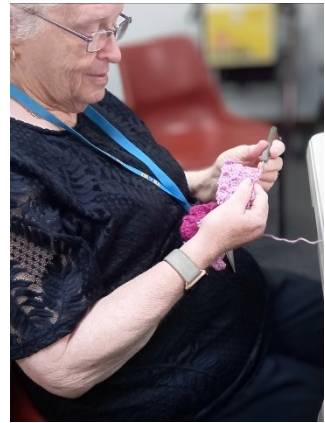
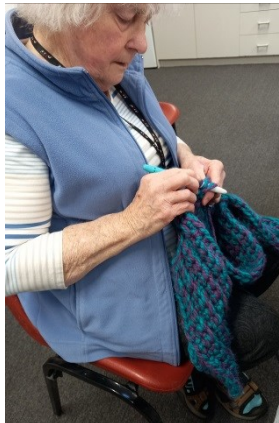
Or interested in learning **DECOUPAGE**? Noreen is also willing to run short courses of 4 weeks duration. **(We meet on Friday, from 9—11.30 am.)**

Ring or Message Noreen on 0417 844 384

Unfortunately our Craft group no longer has anyone to teach bear making.



Craft Circle



"If you think about mindfulness, [activities such as these] are very meditative, repetitive and calming for people and **it's no surprise that knitting, crocheting, quilting, [etc] all have therapeutic benefits,**" says Scientia Professor Kaarin Anstey, director of the UNSW Ageing Futures Institute.

How the steady click of knitting needles and crochet hooks is bringing comfort, mindfulness and healing ABC News online: Staying Upright / By [Julia Baird](#) / 14 Apr 2024



Trudy **knits** the European way. It's fascinating to watch her as she continues making strips which will end up as part of a knee rug. Maureen has finished one length and is casting on to make the next one.

Linda and Sue have been working on their **Diamond Art** kits, with some beautiful results.

Annie has a technique **crocheting** three different colours together, to make thick dog blankets. Margaret and Jan also crochet a variety of items for those in need.

Angie has been working on her wolf family **cross-stitch** for many months. Fran's current **quilting** project is almost finished—she is attaching the binding to her quilt.

Come and join us at any time—weekly or just when you can. You are always welcome. (Wed: 1.30-3.30)

Sjoelen (Dutch Shuffleboard)

Wondering what that strange-sounding game is all about? (It's pronounced SHOO-LUN.)

It is such an addictive game that a good percentage of those who play
(every second Friday afternoon at 1.30 pm) have their own boards at home!

Objective: The goal is to slide thirty wooden disks down the board (called a sjoelbak), aiming for the numbered compartments. Each player takes a turn, and the player with the highest score wins the game.

Scoring: A turn consists of **three sub-turns**. In the first sub-turn, the player slides all 30 disks. Disks that end up in compartments stay there, stacked neatly at the rear of the container. If all disks enter compartments, the turn is over; otherwise, the remaining disks are played again in the second and third sub-turns. Points are counted based on the compartments (numbered 1, 2, 3 and 4) where the disks land.

Strategy: Players aim to slide an equal number of disks into each compartment to maximize their score. The game's interest lies in strategically distributing the disks among the compartments.

Watch a competition player getting top score in a tournament in the Netherlands.

https://www.reddit.com/r/boardgames/comments/9jd115/a_skilled_player_gets_the_highest_possible_score/?rdt=52891

None of us would call ourselves skilled—it's just as much luck at our level! With the highest possible score at 152 points, most of us manage to get within the 60-100 range, although some have occasionally hit over the 100 mark! (Congratulations Allan [106], Lyn [104] and Deb [102]!) We each get 4 turns altogether, trying to better our individual scores as we go. We then add up our scores to see who has got the highest points for that day and the highest points overall—it's all lots of fun, and only slightly competitive. 😊 Why not call in one Friday afternoon and see for yourself.



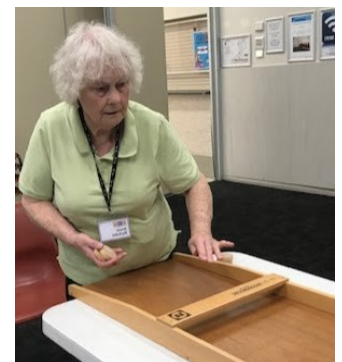
Starting a game.



Probably part-way through the 1st sub-turn.



A few more disks left to play.



How important will these last few moves be? (You can sit or stand to play.)



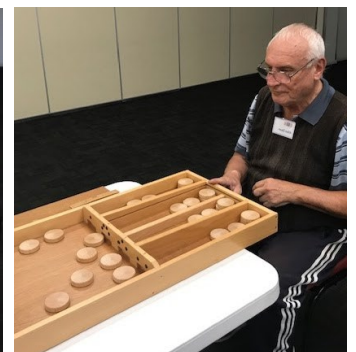
"I'm doing well here!"



"I didn't want it to land THERE!"



At the start of the game. Sometimes it takes a while to get those first few disks through a hole.



Almost finished a game. Each row of disks evening out doubles the score. Will any more get through the holes?

GAWLER CIVIC CENTRE LIBRARY

Learn about Technology Monthly Sessions

A staff member will use “*Be Connected*”, an Australian government initiative committed to building the confidence, digital skills, and online safety of older Australians, to lead a group learning activity. All you need to do is **book yourself in** with our desk staff or online through Humanitix.

Each month will have a new theme to work through.

Each attendee needs to be booked in individually with single tickets.

Space is limited, so registrations are required to attend.

There will be a waitlist for these events. Tickets are NOT transferable.

IF you cannot attend your registered session, you MUST contact the library to cancel your ticket.

This event is aimed at an adult audience and is not suitable for children.

BEING DIGITAL—MONDAYS



Join us for a structured workshop to learn about the digital basics so you can feel safe and confident, participating in today's digital world. Together we work through a *Be Connected* topic on a laptop to pick up new skills, with a knowledgeable staff member on hand to support, troubleshoot and answer questions.

Remaining Dates for 2024

- 1st July - The Cloud
- 5th August - Travel Planning
- 2nd September - All About Data
- 14th October - Get Social
- 11th November - Emails
- 9th December - Staying Connected
- **10.00—11.30 am**

If you can't bring a device, a laptop can be provided for participants for the duration of the session - ***make sure to choose the correct ticket type.***

TECH CHATS—FRIDAYS



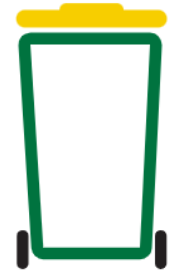
Join us for a social chat with a cuppa to learn about some digital basics so you can feel safe and confident, participating in today's digital world. Each month we take a theme and discuss as a group with guidance from a staff member to answer questions and provide further resources.

Remaining Dates for 2024

- 5th July - The Cloud
- 2nd August - Travel Planning
- 6th September - All About Data
- 4th October - Get Social
- 1st November - Emails
- 6th December - Staying Connected
- **9.30—11.00 am**

There is no requirement to bring a laptop/tablet, but you are welcome to follow along with your own smart device throughout the session.

Using your recycling bin (plastics)



Do you ever wonder about where you should put your plastic rubbish (recycling bin or household waste)? Here are some hints from NAWMA (Northern Areas Waste Management Authority)



NO PLASTIC BAGS

Note: It is important that recyclable items are not inside plastic bags when in the yellow-lid bin because they cannot be processed at the NAWMA Material Recovery Facility (MRF) like this. If recyclable items are presented in a plastic bag, **the bag and all of its contents may be sent to landfill.**



All **small pieces of hard plastics** (not including foams or expanded polystyrene) should be collected in a clear PET container. This ensures other items such as paper and cardboard are not contaminated and can be recycled safely. It also means that the small plastic items do not escape into the environment and cause pollution and injure wildlife.

EXAMPLES include **bread tags, bottle tops, pen lids and measuring cups.**

(These will be sent to another processor who will retrieve the material that can be identified as recyclable. This is around 2/3 of items as the composition of plastics this size is not always readily identifiable.)

A 'clear PET container' should have a 'chasing arrows' symbol with a #1.



LEARN MORE ABOUT THIS SYMBOL ONLINE

<https://learn.eartheasy.com/articles/plastics-by-the-numbers/>

“The well-recognised ‘chasing arrows’ symbol on plastic containers and products does NOT necessarily mean that the item is recyclable.

The little number inside the symbol tells the real story. Within each triangle is a number which ranges from 1-7, identifying the type of plastic used for each product. **Not all plastics are recyclable or even reusable.**

There are numerous plastic-based products that cannot break down and cannot be recycled.”

#1 = PET/PETE (Polyethylene Terephthalate) Water and soft drink bottles. **Should be recycled** but not reused.

#2 = HDPE (High Density Polyethylene) Stiff plastic (milk jugs, detergent & oil bottles, toys, some plastic bags.) **Most commonly recycled plastic.**

#3 = PVC (Polyvinyl Chloride) Soft, flexible. Plastic food wrapping, cooking oil bottles, teething rings, toys, blister packaging.

NOT RECYCLABLE.

#4 = LDPE (Low Density Polyethylene) Shrink wraps, dry-cleaning garment bags, squeezable bottles, bread bags, plastic grocery bags.

NOT RECYCLABLE.

#5 = PP (Polypropylene) **Plastic bottle tops**, margarine/yoghurt containers, potato chip bags, straws, cereal box liners. (POSSIBLY RECYCLED—Check with NAWMA.)

#6 = PS (Polystyrene). Food containers, plastic cutlery, foam packaging. NOT ACCEPTED FOR RECYCLING

#7 = Other (BPA, Polycarbonate [PC] and LEXAN. Baby bottles, sippy cups, plastic food containers. NOT RECYCLABLE.

#7 PLA = compostable. NOT RECYCLABLE—Put in compost bin.

DO THIS FOR A FINAL CHECK!

If you scrunch plastic up in your hand and it holds its shape (stays scrunched) it is **NOT** suitable for recycling.

RIGID PLASTICS will crack/split or go back to their original shape after being scrunched—these **ARE** recyclable.

More NAWMA Information about recyclable plastics.

- * Your **PET (#1)** plastic containers are turned back into plastic containers and polyester yarn to make synthetic fabric.
- * Your **HDPE (#2)** plastic containers are turned into an array of durable outdoor items like fence posts, car stops and street furniture.
- * Most of the other hard, rigid plastics are turned into products like pallets and plant pots.
 - * **Please remember NAWMA cannot recycle any type of soft plastics**
 - this includes shopping bags, food packaging, bubble wrap and potting mix bags.

Gawler U3A Classes for Term 3, 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. Interested members are most welcome to join.

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.

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.
NO VACANCIES

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. **NO VACANCIES.**

FRIDAY CRAFT & LEISURE GROUP Members gather around different tables doing a variety of crafts or activities: card making, pastel painting, jigsaws, colouring in, knit and crochet, etc. New activities possible based on availability of teacher and/or interested members.

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.

HISTORY - A series of talks by Helen Hennessy on some of the history of Gawler.

ITALIAN CONVERSATION FOR INTEREST & TRAVEL. Ciao. Develop 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. **NO VACANCIES**

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.

OUTINGS & EVENTS – Go to a movie with a group of U3A members, hear a guest speaker or go on an outing.

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 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.

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 and may require car pooling if out of Gawler. Contact the leader for more information.

OUR ONGOING THANKS AND APPRECIATION GO 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