



GAWLER, SOUTH AUSTRALIA

NEWSLETTER

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TERM FOUR, 2024: Oct 14—Dec 12

CHAIRPERSON'S REPORT

Thank you to all our leaders, members and fellow committee members for an excellent Term 3 with some new and fairly new additions to our program such as the monthly women's group on Mondays, the Gawler History Group, the Ukulele Beginners group and the stand-alone, toe-tapping, sing-along *Let us Entertain You* showcasing the Jam Along group. Welcome also to our new members.

Next term we have a Come and Try Circle Dancing with Elizabeth Caldwell on the 31st October 2-3.30. The Christmas break-up lunch will be on Friday 13th at midday. The menu is in this newsletter.

We welcome Rosie Warren to our U3A Gawler committee. Thanks for being part of our committee. Rosie has written a short history of Gawler U3A's beginnings for this newsletter and has been involved in U3A previously.

Please be aware that if we need to call an ambulance to attend to your medical needs U3A does not cover this cost. It is only covered with personal ambulance cover. Please wear your badge to all classes and please fill in the medical and emergency contact information on the back.

Libby Clift, Chairperson.



August 12th. Led by member Keith, U3A Ramblers walked the Hissy Loop at Para Wirra National Park.

2024 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: 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, Rosie Warren

FROM THE SECRETARY

Enrolment Day 2025

Enrolment Day will be on **Wednesday, 15th January** from 10 am to 1 pm.

As in times pre-COVID, leaders who are available will be in attendance so members and potential members can have a chat to them about their classes. More details in the end of year newsletter.

Do you have Ambulance Cover?

If an ambulance is called due to a member being deemed in need of one, U3A will not cover the cost.

An Emergency call-out costs \$1,171 + \$6.70 per km. Treatment/no transport is \$262 + \$6.70 per km.

If you have private health please check to see if you are covered.

SA Ambulance Service covers Single Pensioners for \$59.50 p.a.; non-concession \$99.50 p.a.

Find out more on their website or by calling 13 62 72

OUTINGS and EVENTS

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



1. Circle Dancing—Come and Try!

Join our Come and Try session in the **Stone Pavilion**, with a view to it being a regular class in Term 1, 2025

Thursday, 31st October, 2—3.30 pm

COME AND DANCE

if you are able - or want to be able - to walk, hop, skip and maybe do turns to interesting rhythms, you might enjoy a weekly session of folk dance.

Hidden away in many big cities and small towns around the world are small groups of enthusiastic folk dancers.

The dances might be from Israel, Greece, Armenia, Romania or another culture.

Here in Gawler there's an opportunity to try it out at U3A with **Elizabeth Caldwell**, on Thursday, October 31.



2. Christmas Lunch at Nixon's

Friday, 13th December at Noon

PLEASE REMEMBER TO BOOK BY 30th NOVEMBER



U3A Gawler Christmas Lunch

12 noon - Friday 13th December 2024

Price Per person - \$38

Main course

Roast Turkey served with roasted vegetables, cranberry sauce and gravy

Chicken Schnitzel served with chips salad and gravy

Beef Schnitzel served with chips salad and gravy

Battered Fish and chips with salad

Vegetarian Filo Pastry

Dessert

Pavlova

Pudding with Brandy custard

Chocolate nut Sundae

Fruit Salad and Ice cream

RSVP 30/11/2024 Contact Jill to pre order. u3agawler@gmail.com OR 0417 819 498

Tables of 8 or 10 can be booked with the names of all people to be seated at the table at the time of booking.

Pre-payment by bank transfer can be made

Account Name U3A Gawler

BSB 105009 Account Number: 065770140

Reference: 'yourname xmas'

Or payment in a sealed envelope with your name and food order on the front via the leader of your class/group. Correct money please as no change will be given.

The Origins of Gawler U3A

U3A (University of the Third Age) began in Australia in 1985 in Melbourne, with Adelaide quickly following. Within 3 years South Australia had branches in Tea Tree Gully, Port Adelaide, Noarlunga, Victor Harbour and Gawler. Below is the personal account of how Gawler U3A came into being, by Rosie Warren.

In 1988 I was the Coordinator of the Gawler Neighbourhood House, then situated on the corner of Jacob and Reid Streets, now the Gawler Community House in Scheibener Terrace.

For some reason I had bought the Advertiser that morning, not a regular occurrence, and there was an article in it about the U3A in Adelaide, including its history. The contact person was a man named Colin.

I had been organising a number of courses on parenting, craft, volunteering and so on at the House but I felt there was more needed as there was a large percentage of Gawlerites who were retirees and wanted something different. So I contacted Colin, and after an interesting chat I put an advertisement in the Bunyip calling for expressions of interest at a public meeting to discuss the possibility of forming a U3A Group in Gawler. Colin would be guest speaker.

The advertisement resulted in a huge response! Les and Joan Kemp, retired high school principal and retired school librarian, came to the Neighbourhood House to see me, and that was the beginning. The numbers registering for the public meeting (on 30th March) were so large, I had to ask to use the old TAFE Hall (where Woolworths is now) as the venue. There would have been about 50+ people in attendance. Les conducted the meeting, with Colin as guest speaker.

Another couple, Len and Joyce Cockerill, were also keen to be involved, and together with Les and Joan a steering committee was set up. There was quite a bit of interest from people in the Barossa Council area so there was another couple from Angaston also on the steering committee. Eventually we called an inaugural meeting to formalise the Association and elect a Management Committee.

The formal sessions started in August 1988 at the Gawler Neighbourhood House:

Joan Kemp: The novels and life of Jane Austen - Jane Austen was very popular in many of the U3A groups then.

Les Kemp with Alan Breuer: History including the history of WW1.

Len Cockerill: Painting and drawing

Pat Lloyd who was a well known author from Daveyton: 'You're never too old to write'

Joyce Cockerill: Writing your own story

Alan Breuer: Contract Bridge

Graham Dawson: Astronomy

Les Kemp: German for beginners

The courses continued to be held during the day and evening at the Neighbourhood House except for Contract Bridge which was held at the Gawler Rest Rooms in the evening.

At the AGM in January 1989, the Constitution was formally adopted and new committee elected. Les Kemp was Chairperson for a number of years and a group leader.

There was great support from the Gawler Council including the Mayor, Dr Bruce Eastick, the Gawler TAFE and Gawler Lions Club, both for the U3A and the Neighbourhood House through the years I was involved.

I left the GNH at the end of 1988 after 5 years, to eventually start a new career in family and financial counselling and as a paralegal, all leading from my time as co-ordinator at the GNH.

Les, Joan and I remained close friends for many years.

I regard the Gawler U3A as one of my most satisfying achievements in my years as Co-ordinator at the Neighbourhood House.

Rosie Warren, August 2024



Community Grant to U3A Gawler

Each year Gawler Council's Community Grants Program "invites eligible groups, organisations and individuals to apply for up to \$1,000 to assist with community focused projects and activities that directly benefit the Gawler community".

This year the Committee agreed that there was a need for a portable PA system which could be used by the leaders of groups such as tai chi, line dancing, etc, to help their group members hear directions better and the leaders to not have to over-use their voice.

The application would be for the purchase of "a small standing, light weight amp unit with a transmitter worn by the instructor and an ear headset microphone allowing arms to be free".

"Through the efforts of the whole committee, especially Jill Richard and Lyn Hill as well as a members' petition, we were successful in receiving the grant, which is now in operation in various classes. Well done all, as this helps all members in relevant classes to access and participate as fully as possible in healthy activities."
Libby Clift, Chairperson



The Intermediate Tai Chi class (with leader Sue Stanner at left wearing the headset etc.,) are delighted that the acoustics are now much better (no more echo) and everyone can now hear her instructions.

Gawler History Talks

THIS TERM'S TALKS WILL BE AS FOLLOWS:

18th October (1.30—3.00 pm)

Willaston Cemetery walk. Dawkins Avenue.
(Bring comfortable walking shoes, water and sun protection.)



8th November at Rec Centre (1.30—3.00 pm)
St George's Church history.

Helen will be giving two more talks
in each of Terms 1 & 2 of 2025.

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

Puzzle Power

Come on everybody, clap your hands. Aw you're looking good! We're gonna do "The Twist" and it goes like this!

No we are not going to dance the twist. We twist the dance: "Each dent will give you an old time Saturday night entertainment" (3,5) = The Dance.

Around and round we go: "Post back to end" (4) = stop.

Up and down we go: "Space to moor in reverse (4) = room.

Hidden words, odds and evens, scrambled and plenty more. Come and learn the correct meaning of these, and more, cryptic clues. We do other puzzles too.

As dancing is good for our bodies, puzzles are good for our brains. We laugh a lot too, which is also good for us. Check us out, it is not as hard as it looks!

The **Puzzle Power** group. Linda Johnston 0478608835

Art Group

Our Art Group continues to flourish and we have a tremendous amount of fun. We continue to learn weekly from each other and our artists within the group. As you can see from the pictures we are a very talented lot, getting better all the time as our confidence grows with encouragement from each other.

We are a fabulous group of talented friends. May the group continue for ever. Thank you all.

Hugs, Jan Abel



Ramblers

On a sunny Monday (9th September) U3A Ramblers visited the Botanic Gardens, Adelaide. We had a good walk and saw an exhibition by an artist called Dale Chihuly, which will be opening on 27 Sept '24 until 29 April '25. We were fortunate to have a look at some of the Glass Sculptures which are currently being installed and we have photos to verify this. It was a wonderful day, and I think, enjoyed by all who attended. Many of us had lunch at the Evergreen Cafe in the gardens. Josie (Ramblers member)



(Josie also sent more details of the Chihuly tours: daytime walks on your own; guided tour at a cost; night-time tour at a cost with sculptures lit up.
botanicgardens.sa.gov.au/chihuly) ED.



Ladies' Friendship Coffee and Chat

We continue to choose a variety of venues to meet up for our monthly get-togethers.

Why don't you join us every first Monday, from 1.00—3.00 pm.

(Please let Berlinda know you are coming so she can book correct numbers—PH 0434 485 989)

4th November

Gawler Flower Gallery
61 Murray St



2nd December

Lord Lyndoch Hotel
23 Barossa Valley Way, Lyndoch



If you need a ride to Lyndoch please meet at the Rec Centre at 12.30 pm.

August event: "Let us Entertain You"



Let Us Entertain You on 14th August lived up to, and in fact exceeded all expectations, with a very entertaining musical afternoon enjoyed by 40 plus U3A members and guests.

Our very own Jam Along group played and sang their way through the 60s, 70s and more. Many members of the audience sang along with the tunes we all remember from our younger years. The beautifully decorated back wall added to the atmosphere and a scrumptious afternoon tea provided by all who attended was enjoyed by everyone.

Thank you to Jim, Rita and the Jammers for a wonderful concert. Thanks also to the people who helped set up the room and packed up after. Jill Richard (Sec)



Recycling resources in Gawler



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.**

Thank you to
Jan Stokes
for researching
and collating
this
information.



Tablet blister packs

National Pharmacies, Gawler (near Coles)

Recycle tablet blister packs – the blue box is near the waiting area counter for collecting prescriptions at the back of the store.



Mobile phones

Gawler Library will accept old mobile phones to recycle – please hand to staff for placing in a bin within their office.



Toner cartridges for printers

Gawler Post Office - take used toner cartridges (not wrapped or in bags) to the counter for staff to add to Planet Ark recycle bin.

Fluorescent lighting and globes

Drop off at counter at Mitre 10, Gawler.



Batteries

Gawler Library has a round bin for recycling used batteries.

Drakes Supermarket has a large bin near a sliding entrance door.
Mitre 10, Gawler



Cat food and supplies



Greencross Veterinary Clinic has a blue bin at reception for cat food and supplies. Items are then given to HSTK (Help Save the Kitties).

Gawler U3A Classes for Term 4, 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.

FRIDAY CRAFT & LEISURE GROUP Members gather around different tables doing a variety of crafts or activities: card making, 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 – see term program.

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.