



GAWLER, SOUTH AUSTRALIA

NEWSLETTER

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ABN 46 772 015 357

TERM ONE, 2025: January 28—April 11

CHAIRPERSON'S REPORT

I would like to thank all leaders, committee members and members for another successful year. Without you all there would be no Gawler U3A. We are very fortunate to have a range of almost thirty activities to cater for musical, physical, mental (brain power), creative pursuits, crafts, games and social tastes. Of course these overlap. The social and friendship element is the one most often mentioned when I ask why people join, stay and enjoy U3A.

It's also been great to see new activities this year such as Gawler's History with Helen Hennessy, the Women's Group with Berlinda Swyghuizen and a very Circle Dancing with Elizabeth Caldwell, with all of these like to run a group next year please talk to me or Jill Richard.

Thanks to the Town of Gawler for heavily discounted rates for the Recreation centre. We are fortunate to be able to have only one venue, with the exception of coffee groups and Ramblers etc. Thanks also to Tony Piccolo for printing the newsletter etc.

You are welcome to join an activity for 2025 online if you wish when it is finalised. Thanks to Kim for his work in this area and indeed to Stuart and Jill for their work with enrolments.

You can come along on January 15th to the Recreation centre to enrol in person and also meet some of our leaders. Have a safe and happy festive season and I look forward to 2025.

Libby Clift, CHAIRPERSON.



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

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 (+ 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, Kathryn Warburton, Rosie Warren

FROM THE SECRETARY

Members' Handbook

In early November the updated Members' Handbook was sent out to all members with an email address. If you need a printed copy please let me (Jill) know and I will organise one for you. When you read it, if you have any questions please do not hesitate to get in touch.

Email me at u3agawler@gmail.com or message 0417 819 498

Enrolment Day : Membership Renewals

Enrolment Day is **Wednesday, January 15th, 2025, from 10:00 am to 1 pm** at the Gawler Sport and Community Centre, Nixon Terrace, Gawler.

Membership Renewal and Enrolment forms will be sent out to you soon, and you can bring them and payment in on the day or follow directions in the covering letter.

We are delighted to advise that Enrolment Day will revert to the previous arrangement, with leaders on hand to answer questions or just to chat to.

Annual General Meeting

The A.G.M. will be held on **WEDNESDAY, 12th February at 9.15 am** in the MULTI PURPOSE ROOM at the Gawler Sport and Community Centre, Nixon Terrace.

*** We require at least one representative from each class/group to attend.**

* All elected positions are declared vacant at the meeting. Please exercise your right as a member by filling in the nomination form below to help with the nomination process.

* Members are encouraged to attend and to consider nominating for the committee.

Gawler U3A only thrives due to the enthusiasm and dedication of those members willing to commit some time and energy to committee responsibilities. If you are interested please speak to one of the committee members for information on what is required.

POSITIONS: Chairperson, Secretary, Treasurer, 7 x Committee members

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 2025**

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*:

The Universe and Life

A ZOOM course for U3A members interested in Popular Science

Do you like reading books and watching TV programs on science topics? This 9 week online course by Henry Gardner from u3acanberra may be of interest to you.

FREE

6-26 participants

February 11—April 15

SEE BELOW FOR MORE INFORMATION.

We will discuss what modern science tells us about nature that is very small (subatomic particles), very big (the universe) and in-between (life). Using podcasts, popular science books and the internet, including the popular BBC show "In Our Time", the course will draw from Blocks 1-3 of the "Discuss In Our Time" website (diot.fans/discussionModules.html).

You will need to be comfortable with online discussions using ZOOM.

Class Numbers: 6 - 26. (26 vacancies) *** Waiting List taken *** No cost

Student Materials: Computer or internet connected device capable of running Zoom.

Venue: VIRTUAL COURSE

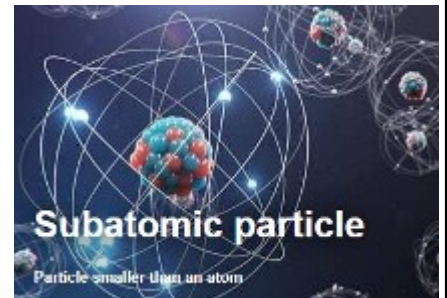
Tuesday 11 February 2025 to Tuesday 15 April

9.30 am—11.30 am SA Summer Time (10—12 noon AESM)

Contact: Henry Gardner

Henry.Gardner585+u3a@gmail.com

Enrolments from: 27/01/2025



OUTINGS and EVENTS

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



"Angel Flight are a charity helping people who live in regional and remote areas, restricted by financial constraints and long distances. We transport patients of all ages needing medical treatment at destinations where other forms of transport are physically and emotionally taxing or unaffordable. We can also transport blood and blood products, and medical drugs. Volunteers in the sky and on the ground help to transfer passengers from their nearest airport, to the relevant medical facilities anywhere in Australia. All flights are free for passengers."

FIND OUT MORE ABOUT ANGEL FLIGHT

Friday 7th March at 1.30 @ Rec Centre
Speaker: John Chambers from Angel Flight

SOUTH AUSTRALIAN MUSEUM TOUR

Leader: Jaqui Stapleton (16 places only)

THURSDAY, 27th MARCH

1 hour guided tour

9.51 am train from Gawler Station to Adelaide, then tram to Museum.

Sit in front carriage – wear your U3A name badge.

Lunch/coffee before returning to Gawler

16 PEOPLE MAX so please **BOOK EARLY!**



Gawler U3A—Courses in the First Five Years

The first courses run by U3A Gawler were held at Gawler Neighbourhood House from **August, 1988**. There were eight courses in all. Half of them, *Astronomy*, *The History of East Germany*, *You're Never Too Old to Write* and *The Novels of Jane Austin*, continued until the end of the year.

LONG-RUNNING COURSES BEGIN!

FUN ACTIVITY: Work out how many years each of the courses in bold have run, and fill in the boxes.

Contract Bridge, begun by Alan Breuer, continued under different names and leaders until 2015.

Writing Your Own Life Story was led by Pat Lloyd for 4 years, then by Pat James until Dec., 2017.

Re-established by Arthur and Judith Davies (Jan 2020– Oct 2021)

German was started for beginners by Les Kemp. Other leaders ran different levels but Les continued with *German Ongoing* until Oct., 2016.

English, British and British Colonial History was started by Les Kemp and continued until Dec., 2008. No talk was ever repeated.

The first A.G.M. was held in January, 1989, with 41 members registered.

Eleven courses were run this year, including the following seven:

English Literature by Joan Kemp (cont. to 2000)

Creative Writing by Joyce Cockerill (cont. with 3 leaders including Jenny Young (1998 to Dec 2011). Re-established with Deanne Lecerf as leader from T4, 2016 to present.

Painting and Drawing by Len Cockerill for 5 years, then 3 other leaders until 2008.

Tai Chi introduced by Maggie Cope. Taught to all levels by Les Kemp, and Joyce and Len Cockerill to T4, 2016, when it was taken over by Pauline Barton. Sue Stanner has led an intermediate group since 2007, while Maggie returned with two beginners groups in 2013, continuing with her “Beginners to Continuing” Tai Chi until she retired in 2023, when John Wallace took over.

Maggie Cope led three other courses during this year: *Religious Studies*, *Myths and Legends* and *Playing the Recorder* (continued for four years).

14 courses were run in **1990**, with the following five introduced for the first time:

Play Reading (1 term); *Current Affairs*, *Understanding Weather*, *Atonement* (one year only).

Discussion Group Len Cockerill (4 yrs), then Ruth Barlow (9 yrs) Les Kemp (4 yrs) and five others over the years (with a 3 year break from 2006-2008). Jenny Dorsett has led since T2, 2018.

Eight one-year-long courses were introduced in **1991**, making 18 courses available to choose from:

Play Reading, *Australian Poetry*, *Quality of Life in Old Age*, *Cryptic Crosswords*, *Health and Well-being*, *History of Art*, *Australian History*, *Aspects of Irish History and Culture*, and *Growing Orchids*.

In **1992** *Geography for Fun* ran for the year, and **Music for Pleasure** was introduced by Bob Boyd.

Joan Kemp took over the following year and continued until Oct., 2016, with Stan Pedersen and Jacqueline Lerwill helping out periodically. There were 12 courses to choose from this year.

1993 saw a total of 13 courses, with two additions available over that year: *Health and Nutrition* and *Science in the Home*.

In addition to those already named, the following members helped U3A Gawler succeed in these first five years by volunteering to run one or more of the above-mentioned activities:

Brian Horrocks, Graham Dawson, Bob Bartlett, Vic Lloyd, Shirley Scott, Tom Bolton, Paula Potter, Joebee Parkin, Colin Wood, Alan Parkes, Lorraine Hodgson, Jenny Young and David Neville.

Information taken from Les Kemp's *A Brief history of U3A in Gawler (1988-2008)* FM (ed)

FAREWELL from Friday Craft Group

Seven years ago U3A accepted our group, allowing us to continue at the Rec Centre, which was very much appreciated. We have made some new friends and some of our group have joined other U3A groups. A group of approximately 20 people were attending at that time, participating in different crafts and socialising. Over the years people have moved on and now with only four attending the decision has been made to close our group.

As we have had craft supplies donated we intend making cards at our homes and donate them to nursing homes etc. We all hope to attend the U3A Christmas lunch. See you there.

Thank you. *Noreen.*



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

Our first get-together for the year will be on Monday 3rd February (1 pm) at **Fasta Pasta** (Cnr Lyndoch Road and High Street, Gawler). Hope to see you then, *Berlinda*

Gawler History Talks

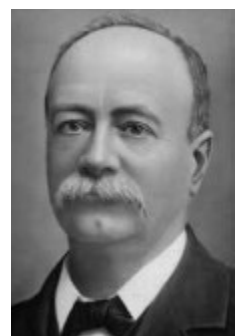


Willaston Cemetery Walk on 18th October

E.H. COOMBE

"Ephraim Henry (EH) Coombe is a significant person in the history of Gawler and South Australia. He was a business man, a journalist, the Editor of The Bunyip and the Member of Parliament representing the Barossa District. He used his position of influence to champion many social causes."

Learn more about E.H. Coombe (1858-1917) at Helen Hennessy's very interesting and enlightening presentations on **21st February and 21st March** this coming term.



1230 Book Club

Another year for the U3A 1230 Book Club and lots of books read. We each read the same books which are sourced via the Library, and recommended reads given in the Sunday Mail over the Christmas break. The choices are made by the group. Again we were surprised by authors we didn't know and subjects we would not normally read. As always some didn't please all but fortunately most did, with members reading more from the newly introduced authors.

Over the Christmas break we are reading Richard Osman's *Thursday Murder Club* books, which we will discuss at the first meeting of 2025. So if you plan joining the group try one. We meet at 12.30 every second Tuesday of the month.

Following is the list of books read in 2024:

Tomorrow and tomorrow and tomorrow by Gabrielle Zevin

Sixty Seven Days by Yvonne Weldon

All That I Am by Ann Funder

The Hummingbird Affect by Kate Mildenhall

The Good People by Hannah Kent

Revenge, murder in three parts by S.L.Lim

Bombproof by Michael Robotham

Kidnapping Mr Heineken by Peter R De Vries

At the Foot of the Cherry Tree by Ally Parker

The Two Hotel Francforts - David Leavitt



Happy reading, *Lesley Moore*

Fun Games—new WEEKLY format!

“Fun Board and Card Games” has been running fortnightly for many years. It was begun by Beryl Burgess in 2007, then continued by Joan Collett from 2009 to the end of Term 3, 2021. Since Joan's retirement a smaller but still dedicated group has met to play mainly RUMMY-O and occasionally DOG, a Swiss board game introduced by Fran Mason.

Many in the group have often remarked on the time between game sessions (including holidays!), so after discussing it between ourselves and Jill, our Secretary, we have agreed that next year we would like to meet weekly rather than fortnightly. Lyn Hill has offered to continue with the RUMMY-O session while Fran will re-introduce DOG on the second week.

We would also like to introduce a new game every week to both sessions, to make things more interesting. (You can arrange to bring your favourite game and introduce it to us!) The new program would likely entail one turn of a new game at the start, then changing to the regular game for the rest of the afternoon. As the terms progress, and depending on numbers, different tables may end up playing different games (as was the case pre-Covid). This will be member-directed.

If you enrol yourself in both sessions there is of course no expectation that you must come weekly - it will be: come when you can, but with twice as many opportunities!



The weekly sessions will be as follows:

Fun Games A (DOG plus)

run by Fran

Fun Games B (RUMMY-O plus)

run by Lyn.

WE HOPE TO SEE YOU NEXT YEAR!

All the best from Fran and Lyn



Ramblers



On Monday, 4 November U3A Ramblers visited and took a walk around the 1.5 kms Historic Kapunda Mine Trail, with 18 adults and little Pippa on our walk.

The day started off a bit cool but at the end of our walk the sun shone over the excellent walking trail.

The trail has informative signs that tell the story of the old copper mine.

After the walk, many of us went for lunch at Litl Mo's Bakery & Cafe, Kapunda for a tasty lunch.

(Josie Ireland, Ramblers Member)

UKES and Co

Once again we have had an enjoyable half year. We celebrated our 4th birthday last term and want to thank those who came along and those who sent messages of support.

We have experimented with a few video singalongs and hope to make them a regular part of the program.

We wish you all a very Happy Christmas and best wishes for the New Year.

Ann Weiss, Leader.



Sjoelen



POINT SCORING IN SJOELEN

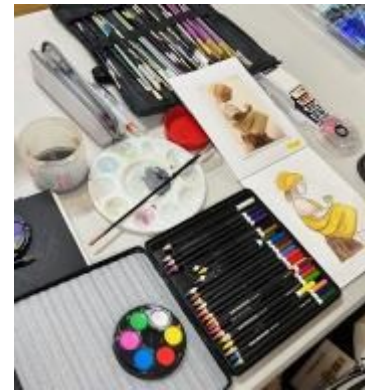
The highest points you can score in a game of Sjoelen is 148 plus a possible 4 more. This usually occurs in competitive Sjoelen—you can be assured that none of our U3A members have come anywhere close to that! However, we are very happy to say that all of us have regularly attained scores in the 70s and 80s, and almost no-one, even a brand new player, has finished a game without having pucks right across the board (which results in doubling the score for each set of four). The highest score so far has been 110, with most of us reaching the 100s at least once.

At each session we celebrate the player with the highest score for the day, as well as the person who had the highest total points over four games. Then, because everyone has a bad game once in a while, we strike off each person's lowest score and find the total x three games! Very often the highest score for that is reached by a different player. We congratulate each other and by the next time we meet it all begins again. **High scores are fun to get but it's the fun of playing together that matters. There is no stress, and everyone cheers each other on.** We do keep copies of each game's results so if we've forgotten our highest score—who doesn't want to better themselves—we find that out at the end of the year. There's room for more to join us. Why don't you? *Fran Mason, Leader.*

Come to U3A's Enrolment Day on January 15th to see some of our group in action on the Sjoelen board and have a try yourself!

Art Group—*Imagine*

Our group continues to flourish; we have such a great group of people. We do heaps of talking with a splattering of art thrown in. We do have room for new members but we do not have a regular teacher. We have some very accomplished people in our group who are always happy to share their knowledge and give advice. Thank you to all my group for their support and friendship. I love you all. *Jan Abel.* ❤️



Scrabble

If you have played scrabble as a child, never played or never stopped playing, then our Scrabble group may well be for you. We are a friendly group of people who enjoy a cuppa, the fun aspect and learning new words, whilst stretching our brains, being strategic whilst recognising that some collections of letters are easier than others. We can also use the Scrabble dictionaries if we wish. You are welcome, as with any U3A activity, to come and try. Please ring Libby Clift on 0417 876 860 or Kathy Warburton (0487 174 783) if you have any questions at all. *Libby Clift*, Leader



NAWMA Recycling (Bin with yellow lid)

What can I recycle?

- * Glass bottles and jars (remove steel or aluminium lids and place inside can of same metal type for recycling)
- * Steel and aluminium cans, including empty aerosol cans
- * Clean aluminium foil and trays (rolled into fist-sized balls)
- * Milk and juice cartons
- * Paper and cardboard
- * Plastic containers (remove lids and place in a clear PET container)

Thank you to
Lyn Hill for
helping with
this article.

A reminder!



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.**

(Sent to another processor to retrieve the material identified as recyclable, i.e. approx 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.



PETE

Gawler U3A Classes for Term 1, 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 and routines.

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, painting 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. **2024 attendees given priority. Waiting list available.**

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 and varied topics bring out lively, sometimes spirited, relevant and meaningful discussions and a range of different thoughts and opinions.

FUN GAMES A (DOG PLUS) Fortnightly. Swiss game using board, marbles and 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 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 and customs. Stretch your mind and 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. 2024 attendees given priority. **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 (Beginner) 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 and may require car pooling if out of Gawler.