



U3A KAPUNDA AND DISTRICTS

NEWSLETTER

February 2024

Email kapunda.u3a@gmail.com

PO. Box 460 KAPUNDA SA 5373

TEL 0478620754 [Secretary]

U3A WEBPAGE

Kapundau3a.org.au



U3A FACEBOOK

LATEST INFORMATION



BILL O'BRIAN PRESIDENT

GEOFF SCLARE SECRETARY

ANDREW AMOS TREASURER, WEBSITE

DAVID MACKINNON: NEWSLETTER,

FACEBOOK PAGES, MINUTES

ALBERT D'PALMA PUPCLICITY

LYN WHEELER MEMBERSHIP

SANDY LUCAS ASSETS

PRESIDENT'S REPORT

It has turned out to be a very active year. Everyone managed to put COVID behind them. We maintained our membership numbers and participated in activities with renewed vigour.

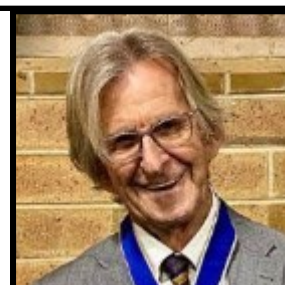
KaDenCe and The Ukupundas are to be congratulated on their positive energy and great performances in the community throughout the year. KaDenCe members were delighted to hear news of the impending marriage of Nikki and Alan. The Ukupundas 'Limelight' at the end of the year was a highlight, with Jeff's 80th birthday being celebrated and members showing off how much they have improved over the last seven years under Sandra's tutelage. The numbers in Tai Chi are continuing to swell, and Sandy is to be congratulated on leading a dynamic group.

David has continued to lead a dedicated group working on the continuous improvement of the Community Garden site. The group were lucky enough to obtain a 4000 dollar grant from the Light Regional Council for professional signage highlighting different aspects of the garden in order to set it up as an educational resource for the whole community.

The committee has been very active this year. Lyn Wheeler has got our membership records in order and Andrew Amos, our treasurer, has taken us into the 21st Century by setting up a professional membership database called 'Member Wizard', and brought our Website thoroughly up to date. A big thankyou to the U3A committee, particularly our new members, Lyn Wheeler, Andrew Amos and Albert Di Palma for the way that they have worked cooperatively and just got things done last year. We are still participating in U3A SA, and thank Geoff Sclare our Secretary for being our delegate.

Sadly we have lost James Thoburn who put in so much time as secretary in the past. James was a U3A Kapunda and Districts life member.

We look forward to a successful 2024.



COURSES—SEMESTER 1 - 2024.

BOOK CLUB [AFTERNOON]

Keith Ellis is the course leader.

Meeting at Geoff Sclare's and Trish Simson's home, 29 Whittaker St. Kapunda on the third Monday of each month from 3.00 to 5.00.

No cost. Contact Keith on 85662789

CRAFT GROUP

Course Leader: Cynthia Mattschoss [85662443] CWA HALL, First and Third Mondays of each month from 1.00pm. to 4.00 pm. This was formally called 'Patchwork and Quilting'. It now contains all kinds of crafts.

Ukulele – 'The Ukupundas'

Course leader: Sandra Heath - 0473 559 783

Held at St John's Lutheran Church Hall, 23 South Tce, Kapunda on Wednesdays during school terms 10 am – 12 noon. Participants must be fully-vaccinated against COVID.

Do you already play the ukulele and wish to perk up your skills by going beyond the basics, then 'The Ukupundas' are for you. Learn new strumming patterns/picking techniques and add new chords and unique arrangements to your bag of tricks. Have fun jamming along with 'The Ukupundas' and, as a member of the 'band', go out and entertain various community and social groups.

Sing along with the Ukes

Course leader: Sandra Heath - 0473 559 783

Held at St John's Lutheran Church Hall, 23 South Tce, Kapunda on Wednesdays during school terms 10 am – 12 noon. Participants must be fully-vaccinated against COVID.

Come and have fun singing songs from all eras and musical genres. Join the ukes singing songs from pop to rock, traditional to swing, calypso to ragtime and country. Be part of a happy, positive group.

A BEGINNERS LEADLIGHT WORKSHOP was held by Ingrid MacKinnon in her house in Angaston as a one off activity. It turned out to be an enjoyable, instructive and challenging afternoon. Everyone went home with a completed project. Suggestions for similar one off or a series of workshops will be welcomed by the Committee.



COURSES—SEMESTER 1 - 2024.

PETANQUE

*David MacKinnon is the course leader.
Held in the Community Garden weekly on
Thursdays at 11am. All welcome! Any age.
Disability friendly. Contact David by text
on 0466689128 for information or if you
would like to take part or can't attend.
May be suspended if weather is bad or
numbers down.

mackindavid@gmail.com*

BALANCE AND BONES

*Megan Ellis is the contact.

EMAIL kiethandmegan@hotmail.com
Held at the institute, 7 hill st. on Thursdays
9.am to 9.55am. A video is followed, espe-
cially designed by the U3A to improve bone
density and balance, easily learned and
beneficial for health. Ph. 85662789
[answering machine] or 0478608486*

COVID AND HOT WEATHER POLICY.

*Each member must abide with current regula-
tions and any special requirements requested by
group leaders or coordinators who must keep up
with current restrictions and provide appropriate
products, abide by current plan etc.

HOT WEATHER 36C. Unless air conditioned.*

KaDenCe Choir: Contact:Barbara Garwood

*KaDenCe the 'Kapunda and Districts Choir' is a 30
plus member community supported by Kapunda
U3A, the only U3A in Australia to have it's own
choir. Since the groups formation nearly 25 years
ago, it has grown in number and experience into
the thriving, enthusiastic and talented choir of
today, singing many genres of music for all occa-
sions, including charities, special community
events and aged care facilities. The choir is
based in Kapunda, now also practices at the
Greenock Institute as well as the Lutheran Hall
on South Terrace Kapunda, on Mondays at 7pm,
to cater for members travelling from the Baros-
sa, Gawler and neighbouring towns.*

*The inspirational musical team leading the choir
are Liz Fahlbusch, David Garwood and Nikki Price
all talented musicians, singers and teachers in
their own right*

WALKING FOR FUN AND FITNESS

*Leader: Kath O'Connor [85663121]

Meet outside library corner main and hill
streets Kapunda, Monday, Tuesday, Friday
8am. Be aware of hot weather policy. Cost
nil.

Walking in a group is safer and more fun.
Walking is good exercise, but its often hard
to get motivated. Walking with others may
help. Moderate pace. Walking around
Kapunda for 30—40 minutes. Wear
comfortable shoes and clothing. If you have
doubts about your fitness consult with your
doctor and let Kath know*

Tai Chi

*Sandy Lucas is the course leader. Meet at
the Institute. [kiribin02@gmail.com]

It is for those who wish to continue from
previous classes. It is held at the institute,
Hill St. Kapunda on Monday's 9am till
11am. Ctct Sandy [0438662315] Kieth
[0427168407]*

The AGM is on February 15 at 2 pm in the CWA Hall Kapunda.

Consider attending and perhaps taking on a small task. We do need a few more members to progress the U3A in Kapunda and districts. We are looking for fresh ideas and coordinators prepared to convene groups, even if it's just for a few people. There is a lot of positive energy in our existing groups, but we need to grow to be viable. The photo competition is an example of an idea which we followed through very successfully.

ENROLEMENT AND PAYMENT

The Committee of U3A Kapunda & Districts has decided to now use a financial and membership system called Member Wizard, starting 1st January 2024. This is used by a number of U3A's around Australia. With this system, you can now pay by credit card, enroll online, update your details and see your own payment and enrollment history via your "Member Portal" at the bottom of our page:

<https://kapundau3a.org.au/program/>

You can also enrol in the various classes on that page, and there is also a new member form there. If you are a couple using the same email address, you will need an additional email address, as this has to be unique for each member. Contact us with any updates in this case.

The committee has decided that the yearly membership will currently remain at \$25. If someone joins in the last half of the year, they will only be charged \$12.50. Currently there are no class or weekly fees.

You can still pay by direct deposit into our bank account (which saves us credit card fees). If you cannot use either of these methods, cash or cheque can still be accepted, though obviously that requires extra work. ANDREW AMOS. [TREASURER AND WEBMASTER]

If you have any queries, please contact me (0414 741 145), Lyn Wheeler (0408 747 290) or Geoff Sclare



U3A COMMUNITY GARDEN PROJECT

Course leader: David MacKinnon. **[0466689128] Text or voicemail.**

This is held on Wednesdays from 12 noon to about 4.00 pm. We won a council grant of 4,000 dollars to set up professionally printed QR signage linked to videos and web based information, so that people can educate themselves on the variety of plants, herbs and gardening practices in consultation with David. Latest information and a history of our progress has been collected in the face book site 'Sharing Wisdom in the third age'. We welcome persons of all ability levels. Come along to say hi, socialise, swap produce, play music, or find a small task suited to your ability level. The QR code above gives you instant access to the face book page either by hovering your phone camera or by a third party app. This garden will help you save money on food in an inflationary environment, but it is very important to be a contributing part of the group in order to take part in produce swap and harvest.

Email: **mackindavid@gmail.com**

THE UKUPUNDAS 2023

Aloha oukou ... Greetings to all

"Life is one grand, sweet song, so start the music", (Ronald Reagan) ... this, 'The Ukupundas' do every Wednesday morning during school terms ... strumming and picking along to songs taken from all genres of music. If you have a song in your heart, a smile on your face and a yearning to play a wonderful little instrument, then the ukulele is for you.

Everyone is welcome to experience what all the fun, frivolity and music is about. To discover more regarding 'The Ukupundas' and playing this remarkable 4-stringed instrument, please call me on 0473 559 783.

Well, what did the 'The Ukupundas' get up to in 2023, you might ask?

The year saw us leading 'sing alongs' for residents of Aged Care facilities and entertaining members attending the Senior Citizens Clubs Zone Rally in Kapunda, guests at a Mother's Day celebration and fund-raising event also in Kapunda and, finally Tanunda Garden Club members following their AGM. Unfortunately, due to a sudden spike in Covid infections, we had to cancel our 'sing along' for the residents of the Eudunda Aged Care facility.

We celebrated 'special' days and occasions including St Patrick's Day where we dressed in green and sang our Irish songs plus learning to play 'When Irish eyes are smiling'; Mother's Day, learning a humorous song by Bryant Oden, 'The Mother's Day Song'; and, to even things up, our 'boys' organised and ran a Father's Day session making us crack our sides laughing at their hilarious version of 'My old man's a dustman'. Term 4 saw us revisiting our Christmas songs in readiness for the Festive Season.

As part of our 'life-long continuous improvement activities', many members introduced and taught us a variety of songs including: one for beginner's - 'The Unicorn Song', containing three basic chords and a simple strum pattern to a more complex song incorporating both strumming and fingerpicking techniques and a new chord - 'Red River Valley'; to Dean Martin's 'Memories are made of this', arranged with separate male/female singing parts.

At the end of each term, we celebrated our uking activities and achievements by holding a 'Limelight' Concert where, in between all-in songs, members entertained us by playing a song of their choice and arrangement.

During the year, we welcomed five new people and farewellled three foundation members. To close a wonderful year of uking and friendship, partners, rellies and friends joined 'The Ukupundas' for their Christmas Breakup 'Limelight' Concert with everyone freely participating in the laughter and singing. This joyful event closed with a scrumptious, shared lunch whilst mixing'n'mingling and continuing to joke, laugh and enjoy good old-fashioned friendship and fun. On that happy note, I shall say ... Mahalo nui loa (thank you very much) to all our fantastic Ukupundas and Hau'oli makahiki hou (Happy New Year) to all U3A members and look forward to seeing everyone when we rev up again for 2024 on Wednesday, February 7.

Sandra Heath, Kapunda Ukulele Group – 'The Ukupundas' 0473 559 783



THE PHOTOGRAPHIC COMPETITION

A successful photo competition was held during 2023. It was judged by Malcolm Craig. The photos were also framed by Malcolm and set up in a display in the Kapunda Community Gallery. A slideshow of all entries was set up by David MacKinnon. Winners were given their framed pictures as a prize and were also displayed in our Facebook page and Newsletter. 200 photos were entered. The overall winner was Ariane Marsac for her Floating Girl photo. She also won the Buildings section. Look on U3A Facebook page and U3A Webpage for all photos. Below Left: Ariane Marsac with the overall winner and the 'Buildings' photo. Below Right: Kadence with the winners Neil Lambert and Andrea Witcomb. Below Left: Jan Harman from Petanque with her 'Sky', then Neil Lambert's 'Nature', then Kitty Gilcrest from Petanque with the portrait of her grandson in 'Portraits'. Andrea Witcomb 'Emotions' comes next, then across the bottom Paul Drake from the Community Garden with 'Generations' and 'Animals'. On the bottom right is the Gallery Display.

