



U3A KAPUNDA AND DISTRICTS

NEWSLETTER

January 2025

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U3A FACEBOOK

LATEST INFORMATION



The U3A KAPUNDA AND DISTRICTS has had a very strong year in 2024. The "Member Wizard" is working well. Old and new members are managing to enrol online or getting assistance to do so. KaDenCe has had a busy year from beginning to end, starting with the Australia Day Breakfast in January to performing their Christmas Cantata music at the Barossa Village on November 26th. The big event was the Spring Concert on the 25th August which was well attended. A big thanks to Dave Garwood and Liz Fahlbusch for their hard work in putting everything together.

Tai Chi has been going from strength to strength with Sandy Coordinating and Keith in a support role. Numbers have increased to 31 and a new beginners group has started up! This is exciting!

The Ukupundas have had an excellent year. Sandra has again been applying the pressure in her 9th year as leader, and the whole group have responded by uplevelling their skills and playing brilliantly together. They have been out in Eudunda, Freeling and Gawler entertaining residents in aged care facilities and community groups such as The Gawler pensioners sing along with accolades and requests for their return. After 9 years leading the group, Sandra Heath is retiring from the role and handing over to Dick French a long time and well respected member of the group.

The Kapunda Community garden project has had a solid year of connections, ideas, barter and hard work making those ideas a reality. The shed has been set up attractively with a new plumbed sink and kitchen area, seedbank and library as well as a tool wall. Innovative types of raised garden beds have been developed, and an attractive new garden area is being developed near the Gazebo complete with a pool water feature thanks to donations from the Kapunda bookshop. The signage to the garden has been improved with attractive signs ready to take groups on educational tours, thanks to a light regional council grant. The spring Open Day was a big success. The wicking bed workshop was a feature.

Other activities such as the book club, balance and bones, Pétanque on the garden path, walking for fun and fitness and craft group have all been proceeding quietly in the background, and add to the diversity of activities available to U3A KAPUNDA members.

Contact details of coordinators are available in this newsletter and on the excellent webpage run by Andrew Amos, our treasurer

Looking forward to a brilliant 2025.

COURSES—SEMESTER 1 - 2025.

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: Dick French

Held at St John's Lutheran Church Hall, 23 South Tce, Kapunda on Wednesdays during school terms 10 am – 12 noon.

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.

Or simply: Sing along with the Ukes :

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.

The tai chi class has been an outstanding success this year with many new members participating enthusiastically at various levels. Highly recommended. **The Book club** has just completed 17 years in the same venue with the same format which indicates it works. Not academic or too demanding. We read a novel a month covering a wide range of tastes. This year has included some enthralling page turners detailing aspects of life in Ethiopia, Ireland, India and Brisbane. Not everyone loves every book but we all enjoy "using someone else's brain" which is what reading is. Keith Ellis.

We are on the lookout for people who may want to run a course no matter how large or small. Get in touch with Geoff our secretary, or any committee member before the AGM and give them some details so that people can sign up at the AGM. One person has already indicated that she has a 'making bird baths' workshop in mind, and we've had other proposals. Your course or workshop could be only two hours or one day a week.

COURSES—SEMESTER 1 - 2025.

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 keithandmegan@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*

SICKNESS AND HOT WEATHER POLICY.

*Each member must abide with current
regulations and any special requirements
requested by group leaders.*

HOT WEATHER 36C. Unless air conditioned.

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.

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*

KaDenCe Choir:

*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 Barosa,
Gawler and neighbouring towns.*

*The inspirational musical team leading the choir
are Liz Fahlbusch and David Garwood both tal-
ented musicians, singers and teachers in their
own right*

Tai Chi

*Sandy Lucas is the course leader. Meet at
the Institute. [kiribin.02@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 1pm.
Ctct Sandy [0438662315] Keith
[0427168407]*

The 2025 AGM is on February 18 at 2 pm in the Council Chambers.

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.

ENROLMENT AND PAYMENT

The Committee of U3A Kapunda & Districts is now using a financial and membership system called Member Wizard, which started 1st January 2024. This is used by a number of U3A's around Australia.

With this system, you can now pay by credit card, enrol online, update your details and see your own payment and enrolment history via your "Member Portal" at the bottom of our Program/Membership page. You can also enrol in the various classes on that page, and there is also a new member form there.

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.

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

Andrew Amos [Treasurer and Webmaster]

U3A COMMUNITY GARDEN PROJECT



Course leader: David MacKinnon. [0466689128] Text.

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. Our focus is on connecting people to each other and information to boost their health and independence

We held an open day which was well attended. Tours were conducted by garden members. Rob held an excellent wicking bed workshop and we finished off with 'Come and Try' Pétanque on the garden path.

Guided Garden tours can be arranged by groups by contacting 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 at noon on Wednesday's, 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.

Kapunda Ukulele Group - 'The Ukupundas' Report

Another year of great uking, fun and friendship is quickly coming to an end so now's the time to reflect on our activities and achievements for 2024...

The U3A Kapunda Ukulele Group – 'The Ukupundas' has been very busy throughout the year continuing to develop playing and singing skills by learning new songs, presented by various members, requiring a range of novel techniques such as the Reggae strum, split chords and singing in parts and 'harmonising' as well as having fun jamming through our repertoire.

We've been out in Eudunda, Freeling and Gawler entertaining residents of aged care facilities and various community groups such as the recent Gawler Pensioners sing along. We were also booked to entertain at the 2024 Mother's Day High Tea fundraiser in Kapunda but, unfortunately, this event was cancelled.

As 'significant' days and occasions came along, we dressed in green for St Patrick's Day and sang our Irish songs, celebrated Mother's Day with cake and the 'boys' in the group organised and ran a special 'Father's Day' with hilarious stories from our 'jokesters' and Rob's sausage rolls for morning tea.

Throughout the year we celebrated many a member's birthday with yummy chocolates and cake as we serenaded them with our unique rendition of 'Happy Birthday', and celebrated the end of each term with family, relatives and friends at our 'Limelight' concerts.

We welcomed a number of visitors from other U3A ukulele groups from here in SA and interstate, all remarking on how friendly we were and how well we played together. They all went away saying how much they had enjoyed themselves and that they had learnt a lot taking our songs, strum patterns and playing techniques back to their respective groups.

As well as sharing our love of the ukulele with other uke players, over the years we've brought joy through our music to people of all ages, playing at momentous birthday parties; performing at the Kapunda Farm Fair, Gawler Fringe Festival, Eudunda Country Show and 2023 Mother's Day High Tea fundraiser; entertaining various community groups including Probus, Seniors, Pensioners, Community Garden members and visitors, Tanunda Garden Club and U3A Christmas functions. We regularly entertained and mix'n'mingled with residents of aged care facilities; hosted uke sessions with visiting uke groups; interviewed, played and sang on BBBFM; played at 'final farewells' to two of our beloved members and been Kapunda's first and I think, only, 'flash mob' of musicians on the main street.

All these incredible experiences, friendships and memories I will take with me as I retire from leading 'The Ukupundas' at the end of this year. With grateful thanks, I've had nine amazing years, firstly starting the ukulele group with Beginners, many of whom are still with 'The Ukupundas' today, which morphed into the main group as 'The Ukupundas', followed by a number of additional beginner groups, plus an instrumental group, 'The Pickuleles' and lately a number of folk who just wanted to sing with us and then progressed to playing with us.

As I related to the Committee, I came for one term to introduce ukulele to Kapunda U3A and stayed for nine years playing, singing and laughing with a wonderful group of people.

In closing, I wish you 'The Ukupundas', ongoing fun and laughter as you continue playing our great little instrument, the ukulele, under the leadership of Dick French, a long-time and well-respected member of the group who has deputised for me on a number of occasions and, to finally say...Mahalo nui loa (thank you very much) to all Ukupundas, Jeff my hubby, U3A Committee and Karissa from the Lutheran Church, your help and support was always much appreciated.

Sandra Heath

Leader Kapunda Ukulele Group - 'The Ukupundas', 2024

Choir Report — KaDence 2024

The choir commenced the year of 2024 with singing at the CWA Australia Day breakfast back in January. We sang Advance Australia Fair as the Australian flag was raised to the top of the flag pole. This was followed by singing of three Australian songs, one called "Song of Remembrance" in which Kapunda is mentioned. The songs were sung inside the clubrooms. We then joined the audience to enjoy a lovely breakfast of Juice and Cereals followed by Damper with Jam, and tea and coffee.

We commenced our normal rehearsals on February 5th at Kapunda with music to be learned for our annual Spring concert in August. Just before our Spring concert KaDenCe were participants in the 60th Anniversary concert for SACCA (South Australian Country Choral Association.) This concert was held at Murrumbidgee on the 9th August with 11 country choirs comprising of over 300 choristers. It was an amazing event to participate in and hear so many voices singing together in the community singing. Each choir also sang 2 songs of their own choice, a couple of choirs managed to sing 3 songs!! The Governor of SA also attended the concert.

Our Spring concert on 25th August was well attended and we sang some new music but also some old favourites. These included "You Raise Me Up", three Simon and Garfunkel songs." Sisi ni Moja", "My Heart is like a River" from McLeod's Daughters, and a medley of Beatles songs. Many favourable comments were received from the audience. Also performing were 2 soloists and our own Barber Shop Quartet.

We attended Barossa Village in Nuriootpa on the 26th November to sing some of our Christmas Cantata music to the residents. The Barber Shop Quartet once again performed with their voices blending beautifully. We are all looking forward to performing the new Christmas Cantata called "This is Christmas" which was written early this year. We may be the first choir to perform this in Australia.

There is some totally new music, with some tunes you will recognise and some sing along sections. It is just such lovely music and beautiful to sing. The dates are 1st December and 8th December. A big thank you to Dave Garwood and Liz Fahlbusch for all their hard work in pulling us together to perform such amazing works.

Marilynn Lewis

Tai Chi Report — Sandy

This year has been an interesting year. We began a new beginners group who have been amazing and have moved ahead quickly. Our intermediate group have began learning the sword. While waiting for the Men's Shed to make their wooden swords, Colin and I made swords from bamboo from our garden to get the group started on their first Tai Chi weapon. We've been fortunate to have welcomed Trevor into our advanced group. He has recently moved from Melbourne to Greenock and is sharing his expertise in introducing the 42 form to the group. Well done to all groups for continuing their Tai Chi journey and tackling new things. We now have 31 members. Thank you again to Keith for his continued support

Sandy Lucas Coordinator