



The Conveyor

April 2023

Why not join one of our walking groups and enjoy our wonderful climate and great outdoors.

We now have three to choose from.

Contact Cathy on 0416 670 955.

Her group walks every Friday morning on the linear park.

More details inside about our other two walks.



At the beginning of the term we welcomed Michael Brown our State Member for Florey with his Office Manager Joanne Farmassonis. Thank you to all those Group Leaders who made him welcome.

He greatly admired the quality of all the work in the art classes; was serenaded with the *Shadows 'Wonderful Land'* in the Guitar Class; faced some searching questions in Ron's Conversation Class; learnt some Italian phrases with Joe's Italian class and was interested in Lawrie's Computer class as he has a background in IT.

He left surprised and most impressed with the range of our classes and enthusiasm of our Group Leaders.



Chook Leong was recently at The Golden Grove Shopping Centre, shown here pointing to some of her models talents as a member of the South Australian Model Railway group.

Chook has been a member of U3A for nearly 20 years and is well known in the harmonica and ukulele groups, and of course in our Tuesday 'Modelling in Mixed Mediums' group.



Kerry and Jessica from TTG Library will be at U3A on **Friday 2nd June** at 1pm in room 8 to talk about Library services available.

Can't make it to the library?
Let us come to you!

About the service

We offer free, monthly deliveries that bring the library to you at home.

Items are hand-picked by our volunteers to match your reading needs.

Who can apply?

The Home Library Service is available to residents of Tea Tree Gully who are unable to visit or access the library due to mobility issues, illness or disability.

How to apply?

If you or someone you know would be interested in this service, please complete the online form on our website or contact us using the details below.

Phone (08) 8397 7456
Email library.access@cttg.sa.gov.au
Website cttg.sa.gov.au/homedelivery



RECYCLING PROJECT.

I would like to thank everyone who made the effort to bring in the various items for recycling.

The project was a huge success. Baby-boomers have the right attitude. Well done!

The following was rescued from landfill-150+kilos of x-rays. over 200 pairs of specs. about 20 hearing aids, over 50 mobile phones and over 10 kilos of batteries.

The x-rays are sent away to have the silver extracted and the proceeds benefit Red Cross. The specs and hearing aids are checked and forwarded to Lions or Rotary who send them to third world countries,. The phones and batteries are sent somewhere for processing to extract any valuable minerals within.

Even the envelopes containing the X-rays were found a second life.

The quality paper was good for several of the U3A

art groups for painting and drawing on.

I have decided to DISCONTINUE collecting these items because the quantities coming in now are only dribs and drabs.

You can all still continue to recycle any of these items in the following way.

Mobile phones and batteries can be dropped off at TTG council office, Bunnings, Officeworks or Drakes supermarkets.

X-rays at Red Cross on North East Rd Klemzig.

Specs and hearing aids at Spec Savers or Optical Super Store.

Thankyou all again, **Michael Prus**



President's AGM Report.....

Some members may question why we had to institute the online registrations, using the old adage, "if it ain't broke, don't change it". The fact is the old system *was* broken. We had a database and website that we had to rely on Mike Coleman to keep going. When last January the database corrupted and Mike due to health considerations was unable to come out, we were in a very precarious position, Barbara and Margaret, in the office were unable to print attendance sheets or to enrol members. Fortunately, with some considerable work Tom Mittiga was able to save the day.

We now have several members who can use the MyU3A system, it doesn't just reside on one computer in the office. So, although it has involved quite considerable work, particularly from Linda Neale, also Barbara Schumacher and Margaret Thomas, we have now have a system which can continue into the future, without relying on any one individual.

Likewise the website, Mike Coleman produced us a very good site, but only he could maintain it as it needed knowledge of HTML coding to make any changes. When I put out a call for anyone to help, no one admitted being able to code in HTML.

Our website now doesn't need programming knowledge to keep it going, anyone who can put together a simple power point presentation would be able to maintain this website. And since it's been running, we have had something like one or two enquiries directly off the website to U3A every week.

Last year was our 35th Anniversary and 15 years of our being in this building. Despite quite cool weather for the time of year, We had a successful celebration on October 28th with attendees; Tony Zappia our Federal Member, Blair Boyer, Education Minister and State Member for Wright, Olivia Savvas,

State member for Newland, Rhiannon Pearce, State Member for King. And Justin Robbins, General Manager of TTG Council. The Lions Club of Modbury supplied the sausage sizzle, organized by their and our Treasurer David Jeffs. Many thanks to all those who helped on the day.

The member for Florey Michael Brown was unable to attend but I was able to show him through on Monday 13th February and he was most impressed with everyone at U3A.

We had close to 760 members reenrolled to date. Our numbers are now recovering from the problems of Covid. About half our members have renewed online, well done to them and thanks to our volunteers who have helped with enrollments.

We were fortunate again to win another Community Grant of \$2,000 from Tea Tree Gully Council, and this went towards new computers in the office, thanks to Ann Sinclair our Grants Officer and Tony Mittiga for the Technical information.

The Tea Tree Gully Council has continued this year to pass the expense of this building on to us. For the first time we have been charged for our water usage. We have also for the first time had to cover the payment to Titanium Security who monitor our alarms. The result is we expect to have continuing bills in excess of \$5,000 for the year. So, you see your membership fees go to support the costs of running this building, most of which are out of our control. When we plead with group leaders and members to turn off air conditioners when they leave the room its so we can keep our costs down.

Unfortunately, due to the nature of our ageing membership, each year there will be some members pass away, and it is with great sadness that we have had to farewell Committee Members



Attendees of the AGM enjoyed refreshments for the first time for three years. Thanks to Linda Neale, Val Dee and Margaret Mittiga for their help.

Mike Norman and Judy Delsar, who was taken from us far too early. I wish to thank my Committee for all their work over the last year, and all the volunteers who have helped this year.



**KEVIN NEALE
PRESIDENT
U3A TTG**

Enrique Soto our Spanish Language tutor came to Australia in the mid seventies from Chile with his wife and children.

The political situation as Enrique grew up had always been somewhat volatile, in 1970 the democratically elected socialist government of Dr Salvadore Allende Gossens started off well, but after nationalizing many industries, and invoking the ire of the US which had vast investments in Chilean mines; there were nationwide strikes and runaway inflation of 140%. Relatively stable Chile then changed when the military under General Pinochet staged a coup and instituted a military dictatorship.

Enrique wanted a safer future for his family and along with many others looked at emigrating, with Canada and South Africa the other alternatives, South African political situation didn't look much better, Canada was too cold, and Australia seemed the best bet.

So with a Degree in Administration a wife and children, Enrique arrived in Adelaide, fluent in Spanish, knowledge of French but no English.

Enrique's English soon became proficient enough to do community work at the Migrant Resource Centre, where he has helped many new Australians settle into their lives in South Australia. When he emigrated from Chile it took only about 6 months to complete all the migration protocols, and he was able to get his Australian quite easily. It's a lot harder now.

He has family back in Santiago and has visited several times, he also has brothers in Canada and France.

Some have said because he's from South America, his version of Spanish is different. There are five official languages in Spain; Castilian (spoken by the majority), Catalan, Galician, Basque and Valencian, in addition there are also dialects, such as Aranese, Andalusian, Canarian, and Murcian Spanish. And that is very much simplifying, there are many more dialects spoken. There are 20 countries where Spanish is the official language.

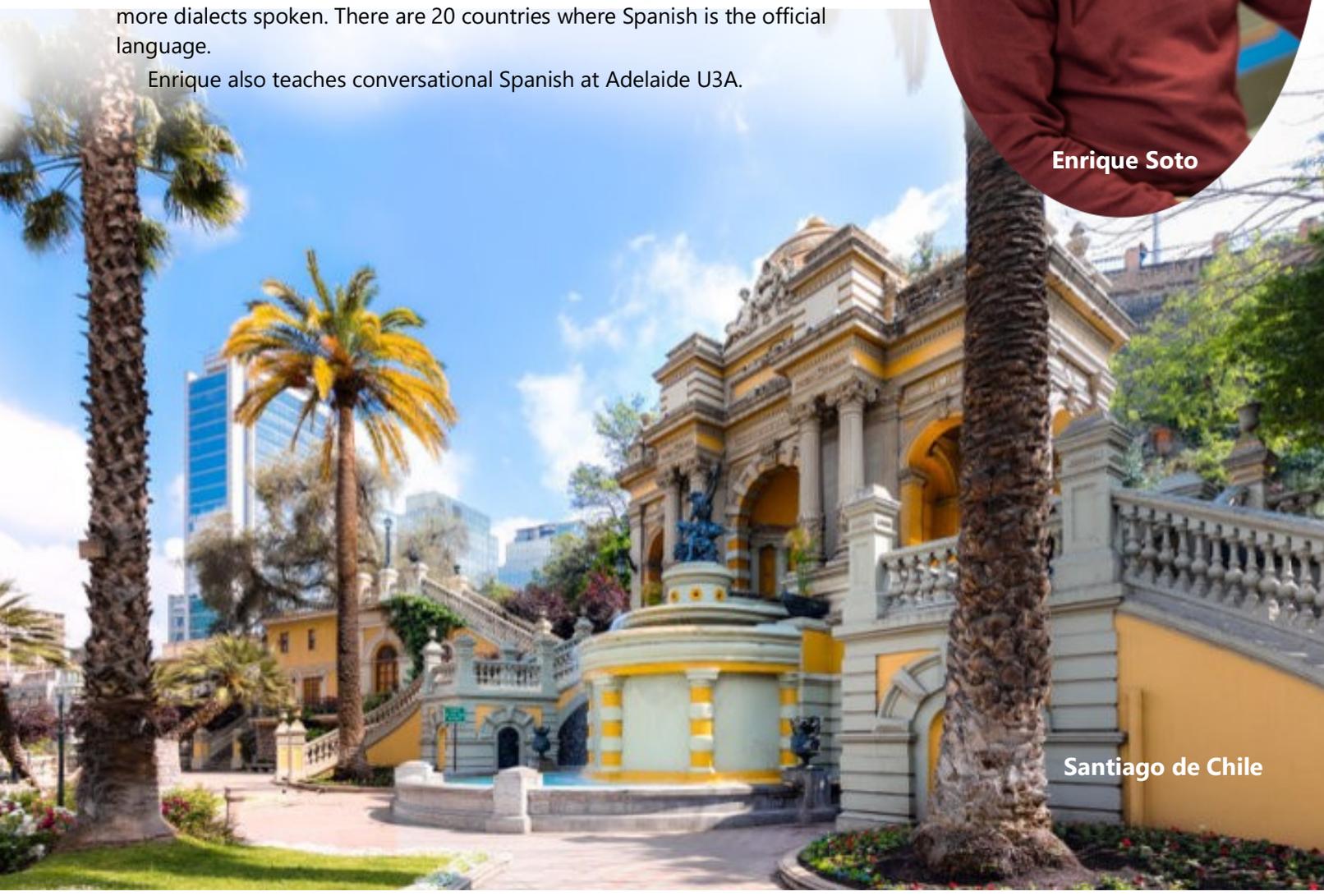
Enrique also teaches conversational Spanish at Adelaide U3A.

**¿HABLAS
ESPAÑOL?**

Lately I've been saying "el mundo" a lot to my Spanish friends. It means the world to them...



Enrique Soto



Santiago de Chile



Harvard Health Publishing

HARVARD MEDICAL SCHOOL

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centre for Disease Control and Prevention.

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

We are very fortunate that Denise Nou has volunteered to take over Keith Foord's Friday walking group.



She is a keen bush walker going out several times a week.

As she is a regular walker she was quite happy to combine her walks with U3A.

Walking is a lot easier when you have pleasant company and can have a chat, you forget that you're exercising and the walk is over before you know it!

She is also happy to start a **Tuesday morning** walking group for those members unable to join a Friday group.

Please call her on 0400 077 654 if you are interested in continuing to have a healthy long life.



The Advertiser Saturday March 4 2023

Do the walk of life

LONDON: Every extra 500 steps a day you walk in old age helps to cut the risk of heart attacks and strokes by 14 per cent, according to a study.

Researchers looked at 452 adults with an average age of 78, who wore pedometers to measure their daily step count. They were monitored for 3½ years for strokes, heart failure, heart attacks and heart disease.

Overall, 7.5 per cent of par-

ticipants had a "cardiovascular disease event" in this period, but the likelihood of heart problems decreased the more people walked. Compared with those who walked fewer than 2000 steps a day, adults who did 4500 steps had a 77 per cent lower risk of a major heart problem.

Regular walking can also cut the risk of dementia, previous studies have shown.

The London Times



In the cuttings for the spillway for the dam, an asymmetric anticline in the Stonyfell quartzite. These areas are considered a *Geological Monument*.



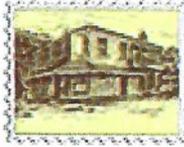
This is an example of complex folding exposed by the construction of the spillway. This has the capacity of 420 million litres of water.



These are some members of our Geology Group investigating antique agricultural equipment on their field trip to Cobbler Creek.

In the 1990s the Cobbler Creek flood control dam was constructed to cope with the risk of 1 in 100 year flooding of the Salisbury area, due to the Golden Grove development.

TEA TREE GULLY HERITAGE MUSEUM



EVENTS CALENDAR 2023

APRIL	Sun 16 th : 11am-4pm	Heritage on Sunday – Arbor Day Picnic (1913)
MAY	Sun 21 st : 11am-4pm	Heritage on Sunday – Good Housekeeping c 1923
JUNE	Sun 18 th : 11am-4pm	Heritage on Sunday – Miniature Magic
JULY	Wed 12 th – Sat 15 th 10am-2pm Sun 16 th : 11am-4pm	SCHOOL HOLIDAY EVENT – The Wonderful Land of Oz
AUG	Tues 8 th : 10.00am Sun 20 th : 11am-4pm	Annual General Meeting Heritage on Sunday – Curious Collections
SEPT	Sun 17 th : 11am-4pm	Heritage on Sunday – Book Lovers
OCT	Sun 15 th : 11am-4pm	Heritage on Sunday - Spring in the Garden
NOV	Wed 15 th – Sat 18 th 10am-2pm Sun 19 th : 11am-4pm	Heritage on Sunday - Sounds of Christmas

Management Committee Meetings are work meetings held at 7.00pm on the second Tuesday of each month. Branch members and volunteers are welcome to attend.
Regular Working Bees – for volunteers and members are held on Mondays from 9.30am-3.00pm. (Except Public Holidays). Further inquiries contact Gill Starks starksgill@outlook.com



3 Perseverance Road, Tea Tree Gully, 5091.

www.ttgmuseum.on.net

*Managed and Maintained by Volunteers – Tea Tree Gully Branch, National Trust of SA
Re-Accredited Museum 2017 – History Trust of SA*

U3A Tea Tree Gully supports other volunteer organisations in our area.

U3A TERM DATES FOR 2023

Term 1 ends Friday 14th April

Term 2 Monday 1st May to Friday 7th July

Term 3 Monday 24th July to Friday 29th September

Term 4 Monday 16th October to Friday 8th December

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*U3A Tea Tree Gully thanks
City of Tea Tree Gully and
Tony Zappia MP Federal Member for Makin
for their continued support*

**The office is open for enquiries and payments
during U3A terms from
12 noon to 1.15pm Monday to Wednesday
Phone 8265 3079**

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Disclaimer: The views expressed in this newsletter are not necessarily those of the U3A TTG committee, and while great care is taken, the accuracy of the information published herein is not guaranteed.