

THE CONVEYOR

July 2024 | Issue 3



Welcome to Term 3

Welcome to Term 3 at U3A Tea Tree Gully! We hope you had a rejuvenating break and are ready to tackle new challenges, make new connections, and discover exciting opportunities. Whether you want to stay active, socialize, or keep learning, we provide a range of more than 80 courses designed to cater to your interests. It's time to step out of your comfort zone and focus on your personal development and enjoyment!

The image displayed above is a cropped version of a photograph taken by Chris Deguet which was awarded First Prize during the recent U3A Tea Tree Gully Photographic Competition in June 2024. It was taken during a combined photography class outing to Glen Ewin Manor House for the competition shoot.

Term Dates for 2024

Term 3

Monday 22 July to Friday 27 Sept

Term 4

Monday 14 Oct to Friday 6 Dec

Office Hours

Monday, Tuesday, Wednesday

12:00 – 1:15pm, in school terms

Photographic Group Lunch at the Gully

Last month, thirty members of the U3A TTG Photographic Group and guests, met at Glen Ewin Estate, under the guidance of their Tutor, Jack Boog. The heritage listed old Manor House is situated in the small valley of Lower Hermitage, which was perfect for taking photographs.

In the first category “the Manor House”, First Prize went to Chris Duguet, Second Prize to Peter D’Orsi and Third Prize to Ann Cotton and Judges Pick to Maria Dean.

In the second category “The Lake” adjacent to the house, First Prize went to Marie Dean, Second Prize to Aly Udall, and Third Prize to Yvonne Pascoe.



In the third category “Free Choice”, First Prize went to Paul Coolen, Second Prize to Ray Linden, and Third Prize to Maria Dean, and Judges pick to Christa Neumann.



DOUG MCALPINE RETIRES



'Creative Photography Class' with Tutor Doug McAlpine

Join a Walking Group

Walking with a group not only keeps us physically active but also provides us with valuable social connections, which as we all know becomes increasingly important as we age. Plus, the enjoyment of companionship often makes the exercise feel more like a pleasure than a chore. Especially in winter!

The experts advise aiming for a minimum of 30 minutes of physical activity per day. However, this doesn't necessarily mean intense gym sessions. Walking, a low-impact and budget-friendly exercise, is particularly suitable for senior individuals, offering significant health advantages. Incorporating regular walks into your routine can lower the likelihood of developing many diseases like osteoporosis, Alzheimer's, diabetes, and certain cancers. Additionally, it promotes weight loss, enhances bone density, and boosts balance, thereby reducing the risk of falls. Regular walks several times a week can be beneficial for managing chronic conditions and alleviating symptoms.

U3A TTG has two walking groups that cater for different levels of fitness, for people wanting to improve their health. With supportive leaders guiding the way, these walks provide a supportive environment for anyone looking to initiate their exercise routine through walking. Why not give it a go!



ONE LAST TIME! We will conduct a recycling project for old Xray film, unwanted spectacles, unwanted mobile phones and old batteries. Labelled boxes will be placed on the shelf behind the coffee/tea station. Only until the end of this year, end of the fourth term.

Mike Prus



Have you heard the old saying, one door closes and the other opens!

Well back 20 years ago I sold my business and joined U3A, my friend Arthur Jeffries said let's join U3A and learn how to use a digital camera. We joined the Creative Photography class run by Vicki Nurse. She was a great teacher and we had lots of fun. Two years down the track she left the class to live at Riverton. She asked me to take over the class, I was very hesitant at first because I had never done this sort of thing before, anyway it was the best thing I ever did. The class was very supportive, and we had lots of laughs and fun. You probably heard the old saying "photos don't lie" well that's not true. We learned how to repair old photos, make Birthday cards, Calendars, Business cards and change people around in a photo. Over time we unfortunately lost great class members due to illness. Last year I had to give up the class due to my wonderful wife with Dementia, as I am her full-time carer. It was a sad time leaving a wonderful class! I wish U3A Tea Tree Gully all the best in the future.



Do you have a special interest or skill that you have learnt in your lifetime that you could share with a small group, in a relaxed and enjoyable way? Our Tutors and Group Leaders consistently say how rewarding it is to be able to make a difference in the lives of others and give back. Talk with one of our Committee Members about this exciting opportunity!

If you have any old photos, you will want repaired, I might be able to help. Over the years I have repaired many photos for members. Give them to Barbara in the office and she will let me know.

Doug McAlpine

Recycling Project

Apparently Baby Boomers are the best recyclers! U3A proved that in the past when we ran a recycling project. The recycling of old Xray film saved over 300kg of film going to landfill. It went to recyclers to have the silver extracted and the proceeds went to Red Cross.



The envelopes have been used by people in the art classes. Hundreds of pairs of spectacles and several sets of hearing aids went to Specsavers for assessment and forwarding to Lions or Rotary to be sent to Third World countries. Old mobile phones, batteries, plastic bottle caps all went to be recycled.



COMMUNITY EXPO PROMOTION



The Tea Tree Gully Council hosted a free Community Expo at the Golden Grove Arts Centre on Friday, June 7th. U3A Tea Tree Gully was among the volunteer organizations invited to set up a stall at the event. Various community groups offered activities, services, and volunteering prospects for individuals within our community and beyond.

Attendees had the chance to interact with 40 local groups spanning from Modbury to Tea Tree Gully, Golden Grove, and surrounding areas. Whether their interests lay in sports, music, crafts, garden, STEM, volunteering, children's activities, disability support, clubs, Scouts, or the Men's Shed, there was something for everyone to explore at the Expo!

A big thank you to Mike & Jutta Prus, Warwick & Sue Grooby, David James and Annette Latham for coordinating this promotional opportunity for U3A TTG. Hundreds of people were given promotion material and were able to learn about our wonderful organisation!



Ukulele Group Performs

The U3A TTG Ukulele Group, ably led by Tutor Cecelia Littlewood, showcased their talent at the St. Vincent de Paul Quiz Night at Our Lady of Hope Church Hall in Greenwith, on the evening of Friday, June 21st.

The event was a great success, filled with games, laughter, and friendly exchanges. Next up, the group will be performing at the Lutheran Village in Glynde on July 10th.

Council Community Grant Award



Special thanks to Warwick Grooby, Grant's Officer & Tom Mittiga, Vice President, for accepting the award.

On the 4th of June, we celebrated with various organizations at a special Grant Award presentation evening. Mayor Ryan introduced each successful group, and Council Ward Representatives handed out the awards. Sue Gallina mentioned on Tuesday, after the event, that there were around 30 grant applications. The total funding requested by all the applicants surpassed the Council's allocation.

In the allocation for this Round, there were extensive discussions regarding the merits of each application. Sixteen local community groups were

scheduled to receive more than \$40,000 from the latest round of Community Grants from the Tea Tree Gully Council, including Sporting groups, Quilting & Art, Community Gardens, and Support & Inclusion groups. Although specific grant values were not disclosed, based on the descriptions, they varied from a few hundred dollars to thousands.

Thanks to the application submitted by our Grants Officer, Warwick Grooby, and for the IT research done by Tom Mittiga. We are thrilled that U3A TTG was among the recipients of the successful grant applicants!

OUR VALUED VOLUNTEERS

Celebrating and honouring our wonderful volunteers!

Lawrie Fahy – Management Committee Member & Internet Users Group Tutor



My current volunteer role is Tutor for Internet Users Group, which involves supporting the members of that group in using the internet, and in helping them extend their skills in using computers, phones and related technology. I am also a member of the U3A TTG Management Committee.

This is, I think, my third year on the Committee. I honestly can't remember how long I have been associated with the Internet Users group, but I think it's been 3 years. I initially volunteered to provide support for the group members and then found myself as a Tutor.

I first joined U3A in 2016 and joined the Computer Users Group which met weekly and survived it until 2023.

At some point I volunteered to help the Internet Users and also volunteered to help with office computing at the end of 2021 and was then asked to join the Committee.

Being a Committee Member and Group Leader/Tutor has allowed me to meet lots of new people, and to use skills which I developed in my working life. I get a great deal of satisfaction in passing on what I have learnt; in learning something new myself, and in being stretched to extend my knowledge in order to provide help to others.

What I love most about U3A TTG is that it gives me the opportunity to meet new people, learn new skills and have the satisfaction of helping others.

Annette Latham – Management Committee Member & Group Leader for 'Tai Chi / Qi Gong'

My volunteer role at U3A TTG involves leading one of the Tai Chi / Qi Gong classes, a position I have held for the past 12 months.

About 2 years ago, I first connected with U3A when I was at a crossroads after retiring as an Office Manager. Initially, I joined Pat Harris' Meditation and Tai Chi / Qi Gong classes, which I found immensely enjoyable and beneficial. After a year, when Pat retired, I accepted the challenge to lead the class to keep it running. Pat has been a wonderful Mentor and a source of inspiration, encouragement and support for me. I still attend and love the Meditation class, now run by Mike & Jutta Prus.

Subsequently, when Kevin Neale retired as the Conveyor Editor, he invited me to take on that

role as well. An invitation then came to join the Management Committee, assisting with promotion & marketing. I have since designed and developed the new Course/Interest Group Handbook, Pull-up Banner and created new brochures and promotional materials.

U3A TTG has provided me with an opportunity to apply skills I had developed during my professional career. I also love caring for my Tai Chi 'mindfulness' group and enjoy seeing them gain in confidence and ability each week and go home with that little bit more 'inner peace' at the end of each class. We all need that!

Thank you U3A TTG for giving people purpose, friendship and connection!



David Jeffs – Treasurer, Management Committee Member



My current volunteer role at U3A Tea Tree Gully is Treasurer for the Management Committee and have been doing this role for about 7 years.

My neighbour was involved with U3A with poetry and short story writing. She would drop in her finished product for comment. One day she showed us a copy of the course list. After scanning through it, couple of topics caught my eye. The main one was Par 3 Golf held at Valley View. After making some enquiries, I signed up. Most enjoyable (at times, embarrassing) until the Group Leader became unavailable and the group stopped.

Sometime later, I was attending a morning tea at the local MP's office. Got talking to the gentleman next to me and he asked, "What

was my working background?" I told him that I worked in finance. His response was, "Would you like to be the Treasurer of U3A Tea Tree Gully?" After a couple of minutes to think about it, I agreed to have a look and see what happens. A couple of weeks later, I met the current Treasurer and agreed to be his assistant until the next AGM. The rest is history!

I really enjoy being able to contribute to an organisation such as U3A. Whilst I have not been able to follow up on any classes myself (yet) I get a feeling of enjoyment from those I have contact with each time I am on site.

Everybody has the opportunity to gain new knowledge in a relaxed and friendly environment.