

# Connect



Retire  
Active  
SA

SEPTEMBER 2022 | ISSUE # 04



● NOTICE OF AGM ● NOTICE OF AWARDS ● COUNCIL MATTERS ●

NEW MEMBERS ● SERVICE AWARDS 2022

● CYCLING ● GOLF ● 4 WHEEL DRIVE ● CARAVAN ● CHOIR

● COMPUTER ● ORCHESTRA ● BUSHWALKERS ● CAPRI GIVEAWAY

● DISTRICT GROUPS ● CLASSIFIEDS ● RESEARCH STUDY

## CONTENTS

Annual General Meeting	2
Council Matters	3
Group News	5-10
Group Activities	11-12
Classifieds	13
Research Study	13

Editor: Anthea Magarey

Level 4, 25 Leigh Street, Adelaide

PO Box 8247, Station Arcade, SA 5000

Retire Active Office: 8211 9711

Email: [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)

Website: [www.retireactivesa.com.au](http://www.retireactivesa.com.au)

Facebook: <https://bit.ly/31aJVAQ>

### OFFICE HOURS

9.30am to 2.30pm Tuesday – Friday

ABN: 93 661 993 592

Disclaimer: Retire Active SA takes all care but no responsibility for the accuracy of information contained in this newsletter. It does not necessarily endorse products or services advertised, nor necessarily agree with opinions expressed.

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### ACCOUNT DETAILS

Australian Retired Persons Assoc. (SA)

Inc. BSB 105 022 (Bank SA)

Acc No: 112785540

### NEWSLETTER PRODUCTION DATES

**December 2022:** Deadline for items is Tuesday, 1 November, folding day is Thursday, 24 November.

**March 2023:** Deadline for items is Wednesday, 1 February, folding day is Thursday, 2 March.

### RETIRE ACTIVE COUNCIL 2021-22

President: Anthea Magarey

Vice-President: Barry Apsey

Treasurer: David Eitzen

Group Liaison: Elizabeth Alvey

Members: Lesley Schoff, Marilyn

Yemm, Allan Jameson, Liz Watson, Gary

Sauer-Thompson

[www.retireactive.com.au](http://www.retireactive.com.au)

For all information on groups, membership application and renewals.

*Photo Front Cover: C walkers and Sturt Desert Pea in Vulkathunha-Gammon Ranges National Park (by Jo Barta Swan)*

## The Annual General Meeting of

The Australian Retired Persons Association (SA) Inc,  
trading as Retire Active SA,  
will be held on Thursday, 22 September at 10.30am  
at 25 Leigh St, Adelaide.

Please register your intention to attend by Friday, 16 September by email [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au) or telephone: 8211 9711

The business of the meeting will be to:

- Confirm the Minutes of the AGM held on Wednesday, 22 September 2021
- Receive the Council Report
- Receive the Treasurer's Report and Audited Accounts for the year ending 30 June 2022
- Appoint an Auditor
- Elect Council Members

### RETIRE ACTIVE SERVICE AWARDS 2022

- There will be a presentation of Retire Active SA Service Awards at the conclusion of the meeting.

## SPREAD THE WORD

Please comment and like on our Facebook page so that as many people as possible can hear about our wonderful organisation.

If you don't have Facebook, perhaps someone you know does. The more likes and comments we receive, the more people are going to find out about Retire Active SA so please help spread the word.

**Anthea Magarey**

## COORDINATOR NEEDED

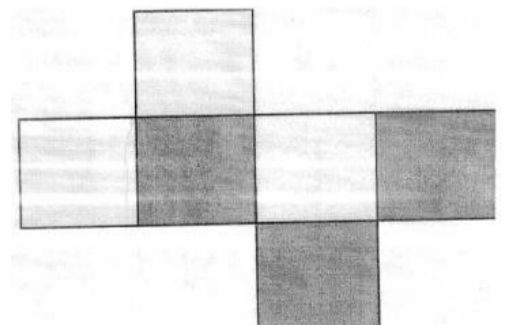
Thursday Art Appreciation Group will require a new coordinator in 2023. Janet Parsons is stepping down after 10 years in this role. Can anyone help please, it is not an onerous position?

## TRAIN THE BRAIN September

### Puzzle

Arrange the six letters of the word ENIGMA on this plan in such a way that, when it is folded into a dice, the letters of the word ENIGMA are next to each other on the dice.

BUT the letters that are the immediate neighbours in the alphabet are not next to each other on the dice.



## WELCOME TO THE FOLLOWING NEW AND RETURNING MEMBERS

Sylvia Adler  
Michael Baker  
Jo Barth  
Robert Boekelaar  
Tiffany Bolton  
Lyn and David Brown  
Robyn and Anthony Burglan  
Patricia Butterfield  
Lynda Cansdell  
Ronald Carter  
Mark Darter  
Neil Feakin  
Franka Gerlach  
Glenda Glazbrook  
Pauline Green  
Gillian Holland  
Bronwyn Holliday  
Carol Jenke  
David Jones  
Marie London  
Sue McMillan  
Lynette Mitchell  
Marian Nayder  
Laurie and Paula Newman  
Valerie Orrock  
Barbara Parker  
Graham Parman  
Janice Peters  
Ron Plush  
Joe Ronald  
Peter Senn  
Lesley Sparkes  
Jan Sutherland  
Carol Temple-Willans  
Anne Vincent



## COUNCIL MATTERS

Anthea Magarey

President Retire Active SA

**A**s you read this newsletter the AGM will be just 3 weeks away. Please notify the office if you will be attending. Those who receive emails and e-bulletins will have seen the crisis calls with respect to nominations for membership of Council. I have been heartened by the response and although there may not be enough nominations to fill all 7 anticipated vacancies, I believe there will be sufficient Council members to be able to govern and manage Retire Active business. It was pleasing to receive much interest from relatively new members and although they may not be quite ready to join Council, they provide a future cohort.

Other responses indicated that members value our association and do not wish to see its demise. Council is firmly of this view also and continues to investigate sponsorship and partnerships to support our financial viability but more importantly to provide connection with our target demographic, those who are approaching or recently retired. The greatest challenge is maintaining our membership base. Understandably there is natural attrition, and while new members join every month, those not renewing continue to outnumber those we gain.

October 3-9 2022 is Active Ageing Week. What better focus could we have to promote Retire Active SA? As well as planning media coverage of what we do every week of the year, Council is in the process of applying for a small grant from the Adelaide City Council to promote and provide a number of activities in the city. We hope to have a presence in Rundle Mall on several days in the previous week, run a number of guided walks and cycle rides through the parklands, invite participation in the regular activities in our office and have a series of short presentations relevant to healthy ageing. Please notify Cintia in the office (8211 9711, [info@retireactive.com.au](mailto:info@retireactive.com.au)) if you are able to assist in any way. I encourage all groups that meet regularly in a specific location to consider how they might use local notice boards and event calendars to promote themselves and the wider organisation in Active Ageing Week. The office will gladly provide relevant materials. Every member can help recruit new members.

Volunteers are urgently required for the office. While several new people were recently trained, their family circumstances changed and they were no longer able to give their time. If you have five hours once a fortnight, please consider volunteering in our office. Comprehensive training and ongoing support are provided.

The Group News pages in this issue are testament to the range of activities that are enjoyed by members. Thank you to those who provide reports and photographs. I know many members give back to community as volunteers for a diverse range of organisation. On page 9 are short reports of three community activities specifically involving Retire Active SA Bushwalkers. On page 14 there is an invitation to participate in a research study. This is another way members can contribute to our wider society, and you will receive \$25 for your time.

Recently a 20-year member faced the sad decision not to renew her membership as she was no longer able to participate. She shared her plight with one of the office volunteers and with her permission we share her story with you (see below). I know many of you have been members much longer than this. Will you share your experiences as a member of ARPA/Retire Active SA? I would love to hear from you and I am sure other members would too.

Please consider how you can contribute to Retire Active SA either at your Group level (Group committees are just as important as Council), in the office or specifically in the activities planned for Active Ageing week. I look forward to hearing from you.

**URGENT**  
**OFFICE VOLUNTEERS REQUIRED**  
**Telephone: 8211 9711**

## Farewell from Iris Furnell

I joined ARPA (now Retire Active SA) Bushwalkers in August 2002, having just moved to the city after a life in the country. I am so grateful to this amazing organisation for the warm and friendly welcome I received and the friendships that quickly developed. Bushwalking across the whole of Adelaide and environs helped me find my way around whilst keeping active and having fun. I have also enjoyed the Book Discussion Group.

My only regret is that, at 90, with age catching up with me, I find many good ARPA friends have passed away and I am no longer able to participate, so with gratitude and sorrow, I will not be renewing my membership this year. I hope the many younger people joining Retire Active SA will enjoy the same benefits of participation that have helped me for 20 years!

PS: Iris also wrote many book reviews for ARPA News.

**Merilyn Yemm**

## PERSONALISED 4WD Itinerary 2022 ! With Hotel Accom & All Meals!

<b>3 day Lake Eyre (incl plane departs on demand (flight)</b>	<b>\$1950</b> pp
<b>5 day Gawler Ranges departs September 15</b>	<b>\$2050</b> pp
<b>8 day Flinders &amp; Outback departs September 10</b>	<b>\$4200</b> pp
<b>5 day Flinders &amp; Arkaroola departs September 24</b>	<b>\$2540</b> pp
<b>5 day Tumby Bay departs October 17</b>	<b>\$1900</b> pp
<b>4 day Kangaroo Island departs Nov 7</b>	<b>\$2300</b> pp

Other departure dates may be available



### Desert Sky Tours

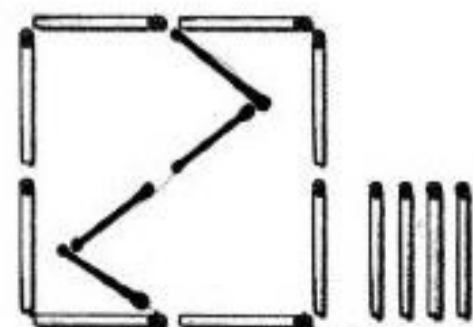
**0419 502 332**

PO Box 683 Glenelg SA 5045  
 email - enquiries@desertskytours.com  
 Website - www.desertskytours.com

### TRAIN THE BRAIN June Answer

#### Divide by 2

Use the four matches to divide the large square into 2 parts of the same shape. Use the matches without breaking or overlapping them.



## GROUP NEWS

### CYCLING

**O**n Wednesday 6 July, ten members of the Retire Active SA Cycling group met at a carpark at Mt Crawford. Another 13 members met at the Torrens weir for an easier local ride. Leader Ros had us organised and soon we were cycling along pine forest tracks and quiet country roads.

After many ups and downs we arrived at the (mandatory) coffee stop at Lovell's Bakery in Mt Pleasant - big coffee mugs and equally big pies and cakes - yum! After our well-earned

stop we carried on with another small rest in a historic homestead (pictured). We eventually returned to our cars and loaded the bikes for the drive home after completing the 43km ride.



**Bob Leader**

### GOLF

**T**he Retire Active SA Golf group, locally called the ARPA Golf Group, continues to thrive. Our membership is growing and so is overall attendance at our various events. The Monday Competition is the biggest draw card and focus, and so far this year we have averaged 28 players per game. One of the things that appeals to many of our members is that we rotate around 7 different courses ranging from Echunga in the Adelaide Hills to North Haven at Outer Harbour. This gives variety and also improves the average golfer's game as different skills are required on different courses. Another attraction is our booking system, whereby members are put into groups as they register each week, ensuring players rotate and mix with other members.



At each Competition we play a different game, the most popular being Stableford, but Stroke rounds, Par rounds and the occasional mixed round add to the attraction and variety.

Of course, golf is not only about competition there is the fun and social side to consider as well, so we have two days each week, Wednesday and Friday where the game is purely social. On Wednesdays we are at Regency Park, playing 9 holes then taking a break in the Tavern for coffee and to socialise. About 30 minutes later approximately half the group continues on the back 9 holes, while others go home. On Fridays we play at West Beach but this time we play 18 holes before stopping for a drink and socialising.

Anyone who plays Golf or is thinking of taking the game up is always welcome to join us. Beginners should attend the social rounds on Wednesdays to gain experience before attempting competition rounds. We are members of Golf Australia and all competition players have official Golf link handicaps which are recognised worldwide should anyone wish to play elsewhere.

**Wayne Seaton**

## 4 WHEEL DRIVE

In May 17 members in 9 vehicles drove the first half of the Binns Track, one of the longest tracks in Australia (2,200km). It commences in Mount Dare and finishes in Timber Creek. Bill Binns has spent most of his life in the bush and worked with the Northern Territory Parks and Wildlife Service for 32 years. Knowing the territory well, he designed a track following stock routes, many abandoned since the 1960s, and little-used back roads.

After recent rains the countryside was unusually green and much of the scenery absolutely stunning.

Some of the high, and low, points:

- After leaving Coward Springs and heading for William Creek the rains came, the cars received a coating of mud and we had an unscheduled stop in William Creek for two nights.
- The road into Mount Dare and the number of other vehicles heading to the Outback.
- Old Andado Homestead, 20km into the Simpson Desert, built in the early 1900s and a family home until Molly Clark moved on, leaving the house intact for everyone to experience life in the bush. Crockery, cutlery, furniture, books, pictures, photographs and even the radio have been left for people to see.
- A visit to the Santa Teresa Aboriginal Village and Church was most memorable. The artwork, the result of many hours of painstaking concentration, was truly amazing. (Photos above and right.)
- Trepina Gorge and Ruby Gap gave the opportunity for some serious hiking with magnificent views.
- Gemtree enabled the group to have very welcome hot showers before we followed a narrow track to Errola Waterhole.
- The Frew River Track needed careful navigating down a very rocky slope before we camped at the Old Police Station Water Hole.



Many thanks are extended to Neil Sayers for his initiative in organising and leading this group.

**Geoff Lister**

## CARAVAN

### Broken Hill in June

It wouldn't be a trip to Broken Hill without having a guided tour of the Royal Flying Doctor Service. The interactive museum brought to life human stories from outback communities and we got to visit the aircraft hangar. Our guide was excellent and it was clear to see why this is the number one tourist attraction in Broken Hill.

The group enjoyed a visit to the outback town of Silverton. With a population of about 50 people, this old mining town is now very much geared to tourists. We visited quirky art galleries, an old school, Mad Max Museum and the old gaol.

We met for lunch at the Silverton Hotel which has been a film set for many years. After lunch we took a drive to Mundi Mundi Plains, taking in views of the lookout before driving onto Umberumberka Reservoir. We then drove on to see whether we could get close to the film set for the latest Mad Max movie, but security got in the way! We enjoyed the beautiful Zinc Lakes, Perilya Park, an oasis in an outback





town, where a picnic was enjoyed. Lunch was finished off with a visit to Bell's Milk Bar, Australia's oldest, where coffees, milkshakes and ice-creams were enjoyed amongst 1950s memorabilia. Another highlight was a visit to the Line of Lode Miners' Memorial, which pays tribute to more than 800 miners who lost their lives due to mining. From the memorial we also took in the views of Broken Hill. The trip was rounded off nicely with a meal and good company at The Musician's Club. Everyone had a very enjoyable time.

**Pauline and Alan Springett**

## CHOIR

**T**he Accord Retire Active Choir has faced some challenges over the last months. Our new Musical Director, Andrea, had some health problems that affected her ability to direct us. Quickly we found Tommy, a delightful young man studying for a Masters in Conducting at Adelaide University. Music makes people happy and Tommy is always smiling, friendly and wanting us to perform well. He plays an instrument and sings in the Cathedral Choir, therefore just what we need. We still have the gods smiling down on us. He needed a few weeks of personal time away, so again we needed a Musical Director. Some members of the Accord Choir belong to the Myall Choir as well. The Musical Director of Myall, Michael, has willingly helped us. We have appreciated his gentle approach to directing.

A very sad challenge has been the death of Barry, one of our tenors and concert soloists. He had been with the Choir for 8 years, a very friendly, happy person. He belonged to the Myall Choir, too. At his wake, members of both choirs sang together to celebrate his life. We sang "Hallelujah," "Carry Me Home," and his favourite concert solo, "Leaning on a Lamp Post", (an old George Formby song), Currently we spend a lot of time perfecting songs from Phantom of the Opera as well as others, ready for our next concert. Since concerts are few and far between because of Covid, we have until October to get it perfect.

New members are always welcome, sopranos, altos, tenors and basses. It's a good group to join for anyone who loves singing and socialising.

**Beryl Barmada**

## 4 WHEEL DRIVE and COMPUTER GROUPS

**O**n Wednesday, 15 June 45 members from the Retire Active SA 4WD and Computer & Technology Groups visited the Tindo Solar Factory at Mawson Lakes.

We were met outside the factory by Mandy (Marketing Manager) and were invited to enjoy morning tea. The group then adjourned to the conference room where the CEO (Shayne Jaenisch) and Director/Owner (Glenn Morelli) gave a presentation on the history and manufacturing process of Tindo Solar.

The group was then given a guided tour of Tindo Solar manufacturing plant.

Commencing at the start point of the fully-automated assembly line, photovoltaic cell laser cutter, solar cell modules wiring assembly line, solar panel module assembly, solar panel interconnection soldering, assembly solar panel interleave layers, heat mould layers to single structure, add external DC connections, test solar panel DC output meets specification levels and final store tested solar panels. We thanked our Tindo Solar hosts for an exceptionally enlightening tour, explaining solar technology. The group then moved to Para Hills Community Club to enjoy a great lunch. For further information about this South Australian company visit <https://www.tindosolar.com.au>



**Lesley Schoff**

## BUSHWALKERS

Berri, 3-10 May

In May, eighty C and D walkers stayed at the Berri Riverside Holiday Park for five days of walking. The weather was ideal: mild days, cold nights, minimal rain. The walks took in a variety of landscapes within the extensive Murray River National Park. We walked along the base and the top of spectacular weathered, golden-coloured cliffs that edged the river. We tracked through mallee forests, across open plains and wetlands and along the banks of the meandering Murray River and expansive Lake Bonney.



*Wilabalangaloo Wetland (Sue Jarvis)*



*Lake Bonney (Sue Jarvis)*

Wilabalangaloo, a National Trust reserve, provided an overall experience of geological features and flora of the Murray River. On the rest day the Riverland area offered a variety of options, with no shortage of bakeries, restaurants, museums, wineries, distilleries, breweries, retail shops, op shops and more walks. The sunset boat dinner cruise along the Murray River, offered by the caravan park, was reported to be an excellent experience. The final night camp dinner was enjoyed at the Berri Hotel.

**Laima Ruscia**

## RETIRE ACTIVE ORCHESTRA CONCERT

The Orchestra Concert at the Unley Community centre was well attended on Sunday afternoon, 10 July 2022. The lively program, including “Lord of the Dance”, Capriccio Italien”, Brahms “Hungarian Dance” and music from “The Gladiator”, was conducted by Martin Butler, a visiting conductor, who has recently retired from the ASO. He introduced each piece with interesting and often amusing background, and invited different sections of the orchestra to highlight their individual parts. He pointed out that the sum of the ages of the two double base players was 185.

What an amazing tribute to the value of staying active, while doing the activities that you enjoy!

Bill, the Orchestra Coordinator, thanked the conductor and the musicians who had filled in at the last moment to cope with unexpected absences owing to COVID.



**Elizabeth Alvey**



## CONTRIBUTING TO COMMUNITY

### Heysen Trail Maintenance

In May four Bushwalking members were joined by Daniel Jardine, Friends of the Heysen Trail (FOHT) northern trail maintenance coordinator, for three days of work on the trail between Spalding and Crystal Brook. On Day 1 a bridge, washed away by floods in 2016, was re-installed across Bundaleer Creek just above Bundaleer weir. Local landowner Rob Hammat used his tractor with a fork lift to help place the bridge in position. Day 2 was spent on two sections near Spalding repairing stiles, replacing posts and direction indicator stickers and clearing overgrown sections. On Day 3 checks were made on three sections with missing posts replaced, obscuring vegetation trimmed, a new stile (of the latest steel design) installed, and faded stickers on wooden stiles replaced. The two nights of accommodation at Laura Caravan Park, were paid for by FOHT.



*Farmer Bob and Bushwalkers, Roger, Keven, Chris and Don on the reinstalled bridge.*

**Chris Magarey**

### Walk and Weed at Shepherds Hill Recreation Park

Bushwalking members have participated in two “Walk and Weed” days recently. These take the format of walking for about an hour, weeding for an hour, resting to consume morning tea of home-baked goodies (photo on the right), then walking for another 1 to 2 hours. The first, attended by 17 B walkers, was held in Shepherd’s Hill Recreation Park and organised by Robyn Guy, who provided the morning tea. Weeding was quite challenging as the terrain was quite steep and the target was bone seed entangled in dead olives. Some tasks were easier, such as removing patches of lavender.



### Walk and Weed at Belair Recreation Park

The second day was attended by 19 A and B walkers in Belair Recreation Park and organised by Tin French. Morning tea was provided by Barbara Raine, who is a member of Friends of Belair.

Yet again the target was boneseed (*Chysothamnoides monilifera*), an environmental weed and invasive species Australia-wide, originating from South Africa. One plant can produce up to 50,000 seeds and these can remain viable for 10 years. Hundreds of plants were pulled up, ranging in size from 1.2cm to 1.5m.



The group was delighted to see an emu egg (where was father?), a 20cm stick insect, and several orchids. While the boneseed will never be totally controlled, the impact of these weeding days is very clear to see from the before (left) and after (right) photos.



**Anthea Magarey**

**EOS EXHIBITION ON SCREEN**

# HOPPER

**CAPRI**★

To go into the draw for a double pass  
 Contact Retire Active SA Office:  
 phone: 8211 9711 or  
[info@retireactive.com.au](mailto:info@retireactive.com.au)  
 by Thursday 14 October 2022

## **CAPRI Double Pass GIVEAWAY**

### **Exhibition On Screen presents**

## **Hopper**

### **The Capri Theatre, Goodwood**

### **Sunday 30 October 4.00pm - 5.30pm**

*Edward Hopper's work is the most recognisable art in America – popular, praised, and mysterious. Countless painters, photographers, filmmakers, and musicians have been influenced by his art – but who was he, and how did a struggling illustrator create such a bounty of notable work?*

*This new film takes a deep look into Hopper's art, his life, and his relationships. From his early career as an illustrator; his wife giving up her own promising art career to be his manager; his critical and commercial acclaim; and in his own words – this film explores the enigmatic personality behind the brush...*

*Combined with expert interviews, diaries, and a startling visual reflection of American life, Hopper brings to life America's arguably most influential artist. Hopper is a rare artist whose work is accessible to both the casual and critical observer. Rothko, Banksy, Alfred Hitchcock, David Lynch and even The Simpsons have all been inspired by the unique way Hopper captured American life. Released to coincide with the major Hopper exhibition (Edward Hopper's New York) at the Whitney Museum of American Art, New York (Oct 22 – Mar 23).*

**For further information contact [capri.org.au](http://capri.org.au) or phone 8272 1177**

## **DISTRICT GROUPS**

	Address	Meeting day & Time	Cost	Contact	Activities
Adelaide	Level 4 25 Leigh Street, Adelaide	Fridays 10-12.30pm Thursdays 12-2pm Mondays 12.30-2.30pm	\$4	Anne: 0412 712 030 Jessica: 8211 9711 Elizabeth: 0438 843 066	Canasta, Samba, Bolivia 500 Card group – fortnightly Train the Brain – 3 <sup>rd</sup> Monday only
Blackwood	Blackwood Football Clubrooms Trevor Terrace, Blackwood	Wednesday 9.30 – 2pm	\$4	Brian: 8327 1247	Card Games, Board Games, Indoor Bowls, Snooker/Pool, Table Tennis, Darts, Raffles, Day Outings
Fleurieu	Port Elliott Institute Hall, the Strand, Port Elliot	Mondays 9 – 12pm	\$3	Susan: 0413 591 003 Barbara: 0408 848 605	Card Games, Board Games, Table Tennis, Raffles, Day & Lunch Outings, Guest Speakers
Gawler	Elder Centre 37 Fourteenth Street, Gawler	Wednesdays 10-2.30pm	\$4	John: 0405 208 891	Card Games, Indoor Bowls, Darts, Snooker/Pool, Excursions
Klemzig	Klemzig Community Hall, 242 North East Road, Klemzig	Wednesdays 10-2pm	\$4	John: 0405 208 891	Card & Board Games, Keep Fit, Tai Chi, Line Dancing, Indoor Bowls, 8 Ball, Table Tennis, Walking, Raffles, Day Outings, Lunches & Guest Speakers
Peninsula (formerly Largs Bay)	LeFevre Uniting Church 63 Gedville Road, Taperoo	Thursdays 10.30-2.30pm	\$3	Connie: 8248 6091 Colin: 8449 7695	Card Games, Board Games, Indoor Bowls, Raffles, Day Outings, Lunches
Modbury	Modbury North 140 Kelly Road, Modbury North	Fridays 10-12pm	\$4	David: 0414 293 726 Brenda: 0438 190 845	Badminton, Table Tennis, Pool/8Ball
Rose Park	Gartrell Memorial Hall Cnr Prescott Terrace & Grant Avenue, Rose Park	Tuesdays 9.30-2.30pm	\$5	Dianne 0411 532 893	Table Tennis, Card Games

## GROUP ACTIVITIES

### ART APPRECIATION

Tours of the Art Gallery of SA are led twice monthly by Gallery Guides (**4<sup>th</sup> Monday, 2<sup>nd</sup> Thursday**). Please wear your Retire Active SA name badge.

**Monday:** Meet at the coffee shop at **10.15 for a 10.30am** start. Enquiries: **Chris May: 0418 856 332**

**Thursday:** Meet in the atrium near the bookshop at **12.15pm for a 12.30pm** start. Enquiries: **Janet: 8235 0113**

**September (Thursday 8/ Monday 26)**  
South Australian Artists

**October (Thursday 13/ Monday 24)**  
Portraiture

**November (Thursday 10/ Monday 28)**  
Nalini Maloni Game pieces

**December (no tour)**

Note: Due to Art Gallery number restrictions the Monday group cannot take new members at present.

### BOLIVIA

Retire Active SA Office, every Friday 10am-12:45pm. Enquiries: **Anne: 0412 712 030**

### BOOK DISCUSSION GROUP

**Monthly:** First Friday, Retire Active SA Office, 1.00pm. Enquiries: **Yvonne: 0452 447 657**

**October 7:** Tim Winton, Dirt Music

**November 4:** Sara Nisha Adams, The Reading List

**December 7:** Sally Vickers, Cousins

If you are unable to get the named book, another book by the same author would be appropriate. Those listed are all available in the Public Library Service.

### BUSHBAND

2nd and 4th Tuesdays. Eastwood Community Centre. Enquiries **Rob: 0427824658** or **Ute: 0409391586**

### BUSHWALKERS

Weekly walks are graded A, B, C or D. New walkers are asked to start with C or D walks. D walkers meet in the city and use public transport to and from the walk.

Financial members of Retire Active SA are eligible to join Bushwalkers and are welcome to participate in two trial walks before joining and paying the Bushwalkers annual fee effective from 1 December to 30 November each year.

All Retire Active SA Bushwalkers must renew their annual membership with

both Retire Active SA and Retire Active SA Bushwalkers if they wish to continue walking regularly with the group and participating in other Bushwalker activities. For further information: [www.retireactivesabushwalkers.org.au/membership](http://www.retireactivesabushwalkers.org.au/membership). Contacts: **Phil: 0417 848 070, Monique: 0431 826 605, John: 0427 182 584.**

### C WALKS

#### SEPTEMBER

**Thursday 1: Anthony: 0408 743 648**  
Morialta CP

**Thursday 8: Sandy: 0428 853 756**  
Cox Scrub

**Wednesday 14: Carol: 0428 882 239**  
Onkaparinga River NP

**Tuesday 20: Raelene: 0402 268 144**  
Craigburn Farm Trails

**Monday 26: Paula: 0409 094 773**  
Scott Creek CP

#### OCTOBER

**Monday 3: Kerry: 0410 194 585**

Cleland/Mt Lofty Botanic Gardens

**Tuesday 11: David: 8296 3487**  
Aldinga Scrub CP

**Sunday 16: Carol: 0428 882 239**  
Rocky Creek Hut, Kuitpo

**Saturday 22: Peter: 0413 808 334**

Happy Valley Reservoir

**Monday 31: Bruce: 0490 833 282**

Morialta Falls

### D WALKS

#### SEPTEMBER

**Monday 3: Colleen: 0435 267 498**

Little Para River

**Saturday 10: Sheila: 0406 089 193**

SE Parklands

**Friday 16: Joan: 8344 6287**

River Torrens

**Thursday 22: Aileen: 0417 297 810**

Sturt Gorge Rim

**Wednesday 28: Rose: 0477 839 880**

Alberton to Woodville

#### OCTOBER

**Tuesday 4: Elizabeth: 8294 5805**

SW Parklands

**Thursday 13: Aileen: 0417 297 810**

Hallett Cove

**Wednesday 19: Maureen: 0420 869**

538 Christies Beach to sea

**Tuesday 25: Heather: 0448 051 440**

Thalassa, Aberfoyle Park

**Monday 31: Rose: 0477 839 880**

Felixstow Reserve to Morialta CP

### CARAVAN GROUP

**September: Fri 9 – Fri 16** Crystal Brook

**October: Fri 14 – Fri 21** Castlemaine,

Victoria

**November: Fri 18 – Fri 25** Mt Barker AGM.

Contact **Gail Field: (Group Convenor) 0413 282 467** or

[pr\\_gm.field@bigpond.com](mailto:pr_gm.field@bigpond.com)

### CHOIR

Achord Retire Active Choir is always looking for new members: Soprano, Alto, Tenor and Bass. Practice is held on **Thursday mornings from 10:00am to 12:00** at the Theosophical Society Hall, 310 South Terrace, Adelaide (just west of Hutt Street)

Contact: **Helen: 0420 615 505** or **Fran 0428 537 688**

### COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Mile End Church of Christ, 2 Danby Street, Torrensville, on the **3<sup>rd</sup> Friday each month at 10:30am for 11am** start.

*New members and visitors – please contact coordinator before as occasionally we don't have meetings.*

For further information contact:

Coordinator **Wayne: 0419 854 086**

<https://retireactivesacompany.wixsite.com/rasa>

### CYCLING

**Aim:** To encourage people to enjoy the benefits of cycling together, and good companionship. Ride Coordinators: **Phil: 0408 841 141, Bob: 0437 911 725.**

Rides start at **10am on Wednesdays** and are at a comfortable pace for all.

They include a coffee stop. The challenge for each ride varies. Every fortnight, rides begin from the Torrens Lake Kiosk (TLK) and are always easy.

**Those who don't want to join 'programmed rides' are encouraged to meet at the weir and 'decide on the day.'** These rides are the best option for a 'come and try' ride.

**September 7, 21:** Decide on the day, TLK

**September 14:** Course to course, weir to Mt Osmond **Phil: 0408 841 141**

For further information visit [arpacycling.wixsite.com](http://arpacycling.wixsite.com)

### EDIBLE GARDENING GROUP

We meet in each other's gardens with occasional excursions. All meetings at 1pm on the third Thursday of the month. For further information contact

**Rob Gray:**

[robgray06@optusnet.com.au](mailto:robgray06@optusnet.com.au)

## FIVE HUNDRED CARDS

Retire Active SA Office **Thursdays, 11.00am to 2.30pm**, fortnightly from Thursday 8 September. Enquiries: **Riet: 0459 023 632**

## FOUR WHEEL DRIVE

For general information about the 4WD Group contact Coordinator **Keith: 0498 083 341** or [kdwatkins@ozemail.com.au](mailto:kdwatkins@ozemail.com.au)  
See also our webpage:

<https://rjbothwixsite.com/arpa4wd-group>. For further details of the

following 2022 events contact the nominated leader.

**Sept 13-19:** Kangaroo Island. **Julia: 0497 009 129**

**Oct 4 - 8:** Bendleby Ranges. **Kent: [kentmakin@hotmail.com](mailto:kentmakin@hotmail.com)**

**Oct 11:** Mystery Trip. **Keith: 0498 083 341**

**Oct 17 to Nov 4:** Paroo Darling Trip. **Neil: 8270 2957**

**Nov 8: AGM 10am** The Southern Bistro, 1303 South Rd, St Marys

**Nov 20 - 26** Christmas Camp at Naracoorte. **Julia: 0497 009 129**

Contact nominated leader for further details.

## GOLF GROUPS

**Golf 9 hole:** Contact **Wayne: 0418 818 172** [arpasagolf@gmail.com](mailto:arpasagolf@gmail.com).

**Golf 18 holes:** competition Mondays, social golf Fridays, contact Wayne as above.

## ORCHESTRA

Rehearsals Thursday 10am–12 noon, Cumberland Park Community Centre, 390 Goodwood Road, Cumberland Park. Enquiries **Bill: 0407 710 957**

## PHOTOGRAPHY GROUP

The group is an informal, laid-back group of like-minded members who enjoy the art of photography. We hold a monthly meeting where we show and discuss photos of our previous month's theme as well as items of a photographic nature. An extended field trip is planned each year. Photography projects are set on a monthly basis allowing us to shoot photos at our leisure during the month. Enquires: **Rod: 0408 258 919**.

**Sept:** Extended field trip.

**Oct:** Garden Insects or Critters

**Nov:** Bridges and/or Fence Photography

**Tue 8:** Monthly meeting 10:30am (Zoom or Retire Active SA Office TBA)

**Dec:** End of year Christmas Lunch.

## EXTRA YEARLY PHOTOGRAPHY PROJECT

Select one of the subjects listed below. Photograph selected subject during the year. Take a series of photos during the year that tells a story of selected subject. Only present max of 2 photos of selected subject per month.

- *Rivers of South Australia*

- *Nature photography: changes of nature during the year.*

## PLEASURE FISHING

**September 4 -11:** Renmark Riverbend CP

**October 19 - 26:** Point Turton CP

For further information contact **Paul and Jeanette Martin: 0429 678 536** [trilby16@bigpond.com](mailto:trilby16@bigpond.com).

## RADIO PLAYERS

**Mondays 10am – 1pm** Mile End Church of Christ Hall, 1 Danby Street Torrensville. Enquiries: **Ian: 0427 791 441** or **John G: 0404 555 808**

## SOCIAL GROUP

The Social Group meets monthly to enjoy a meal and conversation at various venues around Adelaide. New members are welcome: just book with the host named for each occasion and turn up on the day. If your call is not answered, please leave a message with your name and number. Start time is **12:30pm** unless otherwise indicated.

**Wednesday 14 September:** Largs Pier Hotel: 198 Esplanade, Largs Bay  
Lovely Art Deco dining room and an extensive menu. **Host: Val: 0400 225 465**

**Tuesday 11 October:** The Republic: 120 Magill Road, Norwood  
Plenty to choose from Surf, Turf or out of the Earth **Host: Dianne: 0419 857 882**

**Tuesday 8 November:** Sussex Hotel, 68 Walkerville Tce, Walkerville. Seniors Menu offers some good old-fashioned favourites at \$22. **Host: Marie:** Email [nanmudge@gmail.com](mailto:nanmudge@gmail.com) or text **0478 123 618**

**Monday 19 December:** Morphett Arms Hotel, 138 Morphett Rd, Glengowrie. Our Christmas/End of year lunch. **Host: Carol: 8294 6716**

**Friday 13 January 2023:** Cremorne Hotel, 207 Unley Road, Unley. Seniors' Menu offers 25% off Pub Classics. **Host: Dianne 0419 857 882** or Email [arpsclgp@gmail.com](mailto:arpsclgp@gmail.com)

If you make a booking but then cannot attend, please let your host know as soon as possible.

Please wear your name badge on the day.

## TABLE TENNIS

Every Monday morning from **8.30am to noon** at the Woodville District Table Tennis Club, 39a Windsor Avenue, Woodville Park. Enquiries: **Ashley: 0421 613 665**

## TAPLINER AND VARIETY GROUP

We meet for practice every **Wednesday** from **11.30am to 3.00pm** at the Enfield Community Centre, 540 Regency Road, Enfield. BEGINNERS and EXPERIENCED people are both very welcome. It is a low-cost activity. If and when you start performing in concerts, all costumes apart from a black leotard, shoes and stockings are supplied.

If you are interested in the variety side of the group, you would also be very welcome. For more information, please phone **Lorraine: 8269 3915** or **0409 691 331**.

## TENNIS EAST

We play on **Tuesday and Thursday mornings from 8.30am to 12.00 noon** (approx.) at the Broadview Tennis Club, Myponga Terrace, Broadview. Social doubles tennis – Men's / Ladies / Mixed \$3.00 per visit (first two free). Tea / coffee / biscuits included. Coaching is not available so some level of experience necessary. Contacts: **Bill: 8267 6674** or **John: 0422 107 023**.

## TENNIS WEST

Every **Monday and Thursday morning at the Glenlea Tennis Club**, Ferguson Avenue, Glenelg North. Our tennis is social and we play men's, women's and mixed doubles throughout the year from **8.30am to noon**. Players are of varying standards, although some tennis experience is desirable. Fee \$2 with first two visits free. Coffee, tea and biscuits provided. Enquiries: **Scott: 0437 716 028**.

## TRAIN THE BRAIN

Retire Active SA Office 3<sup>rd</sup> Monday every month from 12.30 – 2.30pm. Enquiries **Elizabeth: 0438 843 066** or **Lorraine: 0427 093 839**

## CLASSIFIEDS

**BUDGET WATERFRONT GETAWAY** Stunning beach. Huge balcony suite from \$95 dble. Conditions or House accom 10. Courtesy cars. Discount wine. Meal vouchers. Swim with the dolphins? Kingston near Robe. Judy 0402 922 445.



**MELBOURNE** Meg's 1b/rm unit, near Toorak Village, Tram, covered parking, quiet, f/furnished. 2 persons Only \$80/night. 3-night min. non-smoking. Avail for Christmas. Contact Meg on 8363 3001 or 0433 170 250 or Peter on 0409 188 783.

**MOONTA BAY** Seaside Escape. Lovely 3 bedroom, fully furnished home, all modern conveniences, \$100.00 per night. Phone Darryl or Heather on 0411 851 791.

**WALLAROO** Beach-front fully self-contained 2 br Beach house \$90/night per couple, \$10 each extra person. 2-night minimum stay. Ph Kath 0427 934 052

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## Invitation to Participate in a Research Study

Are you over 50 years and interested in sharing  
your experiences with exercise and activity?

We are looking for people to take part in a 45 – 60 minute interview  
(phone, online, or in-person)

In the interview, we will ask you questions about:

- the exercises and activity you are currently doing
- what makes it easy to exercise
- what makes it difficult to exercise

If you are interested in hearing more about the  
study, please call Belinda Lange on 722 18285 or  
email on [Belinda.lange@flinders.edu.au](mailto:Belinda.lange@flinders.edu.au)



This project has been approved by the Flinders University Human Research Ethics Committee (project No.5161)



Weetootla Gorge Walk (Photo Sue Jarvis)



Nooldoonolda Water Hole Walk & Bolla Bollana Mine (Photo Sue Jarvis)

## Gammon Ranges 20 July to 6 August

Two groups enjoyed consecutive weeks in the Vulkathunha-Gammon Ranges National Park across July and August. In the first week walks were scheduled at C+ level and participants stayed at Arkaroola or the shearers' quarters in the National Park HQ at Balcanooka.

The second week was for B walkers, most of whom stayed at Balcanooka. The front cover photograph shows the C + walkers admiring a patch of Sturt Desert Pea.

For more information of these popular camps visit the Bushwalkers' website.

[www.retireactivesabushwalkers.org.au](http://www.retireactivesabushwalkers.org.au)

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