

Connect

JUNE 2022

ISSUE # 03



**Retire
Active
SA**



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OFFICE HOURS

9.30am to 2.30pm Tuesday – Friday

ABN: 93 661 993 592 Disclaimer:
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News

ACCOUNT DETAILS

Australian Retired Persons Assoc.
(SA) Inc. BSB 105 022 (Bank SA)
Acc No: 112785540

NEWSLETTER PRODUCTION DATES:

September: Deadline for items is
Mon 1 August, Folding day is
Thursday 25 August. December:
Deadline for items is Mon 31
October, Folding day is Thursday 24
November.

RETIRE ACTIVE COUNCIL 2021-22

President: Anthea Magarey
Vice-President: Barry Apsey
Treasurer: David Eitzen
Group Liaison: Elizabeth Alvey
Members: Lesley Schoff, Merilyn
Yemm, Allan Jameson, Liz Watson

www.retireactive.com.au

For all information on groups,
membership application and
renewals.

Retire Active SA AGM 2022

The Annual General Meeting of
The Australian Retired Persons Association Inc,
trading as Retire Active SA,
will be held on **Thursday, 22 September** at 10.30am
at 25 Leigh St, Adelaide.

Nominations are now open for Council Nominees.

Nominees require a proposer and seconder (who are current
members) and to complete a nomination form which is available on
request from the office info@retireactivesa.com.au
or telephone: 8211 9711

Nominations must be received in the office by Tuesday, 9 August
2022. Council members are expected to use email communication.

Nominees will be confirmed/elected at the AGM. A ballot will be
required if there are more nominations than positions.
There are currently 4 vacant positions.

Please consider becoming a member of Council.

Retire Active Service Awards 2022

Many groups have their own system of rewards. The idea of a Retire
Active SA Service Award is to recognise those individuals who have
made a significant contribution to the functioning of a group,
including its wider activities, or to the overarching activities of the
organisation (e.g. office volunteer, Connect production, Council
member), and hence to the overall success of Retire Active SA.

Nominations will be called for in July through Group Coordinators.
Nominees require a proposer and seconder, one of whom must be a
Council member or Group committee member. If you know
someone worthy of this award, please contact your Group
Coordinator or a Council member.

Awards are presented at the Annual General Meeting.

For complete terms and conditions contact the office on 8211 9711,
or info@retireactivesa.com.au

Photo Front Cover: Caravan Group at Robe

WELCOME TO THE FOLLOWING NEW AND RETURNING MEMBERS

Sally Armstrong
Judith Scott
Debra King
Barry Worthley
Peter Wilksch
Pauline & Eric Cotton
Tom Sweeney
David Bradley
Alex Cullen
Julia Plant
Suzanne Johns
Margaret Robertson
Magda Todd
Jill Mathews
Tim Cox
Jeannie Sirona
John Glover
Robert Thomas
Graham & Judith Thomas
Ann Shipley
Julie & Neil Hayford
Susan Timpani
Jennifer Meacham
Marianne Kieboom
Dianne Da Silva
Karen Mc Aleer
Lynne Davis
Janet & Gary Mc Calden
Josephina Hillege
Russell & Tineke Thurlow
Sharon Tucker
John Malusa
Thaddeus Walasek
Bev Newman
Shane Jonson
Danny Cummings
Richard Warner
Susan Munro
Julie Smith
Andrew Marshallsay
Allan Johanson



PRESIDENT'S REPORT

by

Anthea Magarey

President Retire Active SA

As I write our Office Administrator Jessica has just started maternity leave; her baby is due near the end of May. We are delighted to welcome Cintia Rocha as her replacement for the next 6 months. During the last month Cintia has spent over three weeks in the office with Jessica working through the long list of procedures, carefully documented by Jessica. Cintia has the expert support of our office volunteers and it is pertinent for me to acknowledge their contribution. Shelagh and Helen are there on alternate Tuesdays, Anne and Cyndy on alternate Wednesdays, Lindsay and Marilyn on Thursdays and John on Fridays. Lindsay and John may be there on other days as they fill vacancies due to sickness or holidays.

It's now 6 months since South Australia opened its borders. Considerable infection circulates in the community, both COVID and now influenza, and understandably many are reluctant to move freely in public areas, but mask-wearing is an effective precaution. It is pleasing to hear our performing groups are almost back to full swing with their calendars filling with engagements. It was a pleasure to attend the Cumberland Park Retire Active Orchestra concert recently; a wonderful program to say farewell to their conductor of nearly six years, Roland Dankbaar, who is moving to Perth to be with family. The Group News pages provide ample evidence of life being enjoyed across a wide range of activities. Thank you to those who send reports and photos.

It has recently come to my attention that Retire Active SA is an approved organisation registered with Centrelink. This means that hours spent in a voluntary capacity for Retire Active SA can be claimed as part of an activity requirement with respect to Centrelink payments. This is an important benefit of membership, particularly for those who are seeking work until they are eligible for the aged pension. For groups this benefit may also help in recruiting committee members. For further information, please contact the Retire Active SA office.

Council is pursuing a number of avenues to develop mutually beneficial partnerships with organisations that provide services and programs for older South Australians, with the goal to enhance member benefits and our exposure in the community, and ultimately increase our membership. I have had promising conversations with several organisations in recent weeks. Sponsorship is another way organisations might support Retire Active SA.

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

3 day Lake Eyre (incl plane departs on demand (flight)	\$1950 pp
7 day Coongie Lakes departs June 14	\$3200 pp
12 day Longreach/Winton departs June 27	\$4750 pp
9 day Birdsville/Windorah departs July 25	\$3985 pp
9 day Head Of Bight Whales departs August 20	\$3850 pp
5 day Gawler Ranges departs September 1	\$2050 pp
8 day Flinders & Outback departs September 10	\$4200 pp
5 day Flinders & Arkaroola departs September 24	\$2540 pp
5 day Tumby Bay departs October 17	\$1900 pp
4 day Kangaroo Island departs Nov 7	\$2300 pp



Desert Sky Tours

0419 502 332

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



Welcome Baby Noah

Please visit the Sponsor page on our website (located in small print at the bottom of the home page) and you will see a new list of South Australian businesses that are supporting us in this way. There has always been a small stream of donations but this has diminished in recent years. Any amount is very much appreciated. I would like to acknowledge the several life members who pay an annual membership fee (life membership was purchasable back in the 1980's-1990's at a cost of five times the annual fee at that time,) the member who said 'keep the change' (it was more than a few dollars!), those who pay although they are unable to participate in activities, and everyone who has made a donation thank you.

I understand many members are not Facebook adherents and, justifiably, there is plenty of negative press. However, it is a widespread marketing tool used by many businesses to engage with potential clients and Retire Active SA is no different. We make regular posts on both Facebook and Instagram of a general promotional nature and also post photos from group activities. If you are a Facebook user, please can you become a Retire Active SA follower, and 'like' and 'share' the regular posts. If you use a computer, please click on the Facebook link on page 2 or view the recent posts and 'like'. These small actions help to raise our profile.

You will see notification of the AGM to be held on 22 September and a call for nominations for members to join the Council. Please consider this role for yourself or encourage someone else to nominate. As a predominantly volunteer organisation, we are dependent on many people making a contribution to ensure its success. I would be happy to chat with anyone considering becoming a Council member. I can be contacted via email president.retireactivesa@gmail.com

Council Budget Report 2022-2023

Please go to page 15 to read the Budget Report.

CONGRATULATIONS!

We have great pleasure in announcing the arrival of a healthy baby boy Noah, born to Jessica (*Retire Active Office Administrator*) and Anderson on 19th May 2022. Mother and Baby are both doing well.

GROUP NEWS

4 WHEEL DRIVE

Social outing to Carrick Hill

On a coolish morning in early March, with the odd shower, a group of 18 members visited historic Carrick Hill, situated in Springfield. We were split into two groups and given an informative and enjoyable guided tour of the house.

Carrick Hill's history is unique in South Australia. The house was built for Sir Edward (Bill) Hayward, son of a wealthy family, which owned John Martin's, and his wife Ursula Barr-Smith, who also came from a wealthy background. The land for Carrick Hill and its extensive gardens were given as a wedding present by

Ursula's father. The couple enjoyed a year's long honeymoon in the United Kingdom and Europe. During this time, they acquired 16th, 17th and 18th century panelling, doors, windows and a grand staircase from a demolition sale of Beaudesert, a Tudor mansion in England. They brought all this back to Adelaide - quite an undertaking. The house was designed around these European fittings giving an appearance of a 17th century manor house. The Haywood's were also avid art collectors including contemporary paintings and sculptures. A selection of this collection is always on display. The gardens are extensive and include a former orchard,

stables, terraced lawns, sculptures and are free to visit. Carrick Hill provides insights into the lives of the wealthy elite of South Australia during the depression and after World War II.

It is well worth having a guided tour of Carrick Hill and taking time to enjoy the extensive gardens, which include a story book trail, a delight for any child. Opening hours are Wednesday to Sunday and Public Holidays, 10am to 4.30pm. There is a charge for entering the house but the gardens are free.

Following the tour of Carrick Hill, we adjourned to the Torrens Arms Hotel for a pleasant meal. **Pat Curran**

CARAVAN

Robe in February

Our February get-together was held in beautiful Robe. The weather was perfect, with nice cool evenings. We had eighteen adults and four dogs in attendance - staying in various forms of accommodation, ranging from a tent to an on-site cabin. As a group we visited beautiful Beachport, where we sat on the shore and had our lunch.

Robe had many great attractions such as the Robe Brewery and Transmutation, the really interesting business recycling bread tags.

Berri in March

Despite warm weather, the March venue of Berri showed what is achievable in our own backyard. We were introduced to lawn bowls at the Berri club. Under their covered links, our host Don provided guidance and sage advice to all during

the morning, letting us in on some of the finer points of lawn bowls, which added to the enjoyment. A mystery picnic outing morphed into a visit to the Riverland Wine Centre at Lyrup, a wonderful centre perched on the edge of the Murray River floodplain, with a view too good to miss. Most of the group took up residence outdoors and enjoyed great, well-presented food. **Phill Field**

PLEASURE FISHING

Point Turton in March

Twenty two members had a good week of fishing, chatting, 'happy houring' and relaxing at the Point Turton caravan park. The weather was reasonably kind, and the fishing was as difficult as always ("You should have



been here last week"). There was gar to be caught off the jetty at times, and a squid or two came in each day. Ross caught the largest squid.

Fishing in the shallows was more productive, with Cheryl and Andy landing 36 gar one afternoon. One member unfortunately threw 30cm+ gar back when fishing at Burners believing the minimum size was 32cm. As stipulated for SA on the Chinese made ruler the legal minimum is 23cm.



Lunch at the Tavern was enjoyed by all, while morning coffees and happy hours provided plenty of opportunity for chat and laughter.

Andy Smith

PHOTOGRAPHY

In April the Photography Group held a workshop in High- and Low-Key photography. The group was introduced to different techniques in successfully taking high- and low-key photographs. Workstations were set up around the room to provide hands-on experience in these two styles of photography.



Bust in Low-Key photography

After the practical side of this workshop and a number of photos being taken, we sat down to a shared lunch, the main topic of conversation being the various types of photography, which was very enlightening to all.

Everyone took away something new or different ideas of how to approach and improve their photography.

To join the Photography Group contact **Rod on: 0408 258 919**

ARGY-BARGY BUSHBAND

Entertaining the Community

The Retire Active SA Argy-Bargy Bush Band has been busy again, playing for the Adelaide South-West Community Centre, the North-East Companion Club in

Oakden, the Bartonvale Retirement Village in Enfield and at the Hahndorf Academy as part of their Imagine the Past event in the History Festival.

Enquiries from new members with folk instruments are welcome.

Rob: 0427824658

Bookings: Ute 0409391586

TAPLINERS

Free 'Come and Try' Sessions

Esther Caprez attended the Tapliners' Annual General Meeting as a member of the Group Liaison Committee. She reports a well-functioning group: egalitarian, supportive, financially sound, welcoming, with a desire to expand. Of note were (1) the purchase of a group quantity of black practice t-shirts printed with the Tapliner logo on the back, and (2) their initiative to attract new members.

(Photo of Tapliners rehearsing in their new t/shirts.)



Commencing in February 2022 Tapliners now host a free 90 minute "Learn To Tap Dance" session every Monday at the Enfield Community Centre. Kathy donates her time and takes the class. "Newbies" are allowed

two free sessions before being asked to become Retire Active members. Five new persons have joined since becoming involved with this Monday group. In addition to brand new dancers, there are a few regular Tapliners who also participate in the Monday sessions to hone their skills. Currently there are approximately 12 in the Monday class. An excellent opportunity for anyone wanting to release their inner Ginger Rogers. **Esther Caprez**

EDIBLE GARDENING

Confessions of a gardening snob

Left to Right: Pettispurge (not edible), Miner's lettuce and Scurvy Weed (both edible)

Prejudging and refusing to alter one's ideas in the face of overwhelming contradictory

Now, I am convinced that gardeners make up the vast majority of the best and most pleasant people in the world.



of humanity, I have to admit that even we gardeners are not perfect and need to actively challenge our prejudices and habitual practices. For example, weeds used to be considered one of the gardener's greatest enemies but now we have realised that many so-called weeds are nutritious and can be just as pleasant to look at as



evidence are two of humanity's greatest weaknesses and despite the current flood of examples they are not exclusive to politicians.

To be a successful gardener you have to observe what is around you and adjust not only your thinking but your behaviour to suit changes in your environment. You have to enrich your surroundings in order to benefit yourself, other people and the natural world. Can we say that about many of our politicians?

Despite my firm belief that gardeners represent the best



many an expensive nursery-sourced plant.

I used to proudly exclaim that flowers were a waste of space in my garden. I reluctantly

admitted that they were necessary in the growth cycle of much of the edibles that my garden produced (note that it wasn't me producing them, I just helped) but planting flowers for their own sake was a step too far. What finally wore me down was not just the exorbitant cost of floral Mother's Day or Valentine's

Day gifts or the predilections of other gardeners, but the realisation that many flowers are edible.

'Weeds' and 'edible flowers' both can cause considerable problems if one does not know how to approach them! Hand weeding some varieties of weed only increases their

spread and heaven forbid you go into your garden and start munching on any old weed.

You can learn a lot by being part of Retire Active SA's newly named gardening group. We are no longer "Backyard fruit and vegetable growing" we are "Edible Gardening". **Rob Gray, Edible Gardening Coordinator**

CHOIR

New name, new Musical Director

Change is the current theme of the Choir Group. No longer the ARPA Choir, it is now called the **Achord Retire Active SA Choir**. That is not the only change. After 10 years, the much-loved Musical Director, Beth, has given up being on her feet all the time, moved to the body of the Choir and joined the Altos. Beth's hard work, experience, enthusiasm and good humour has been replicated in Andrea, the new Musical Director. How lucky is that for the Achord Retire Active SA Choir! The gods are smiling! Andrea moved to live in Adelaide just when she was needed. Sue still sits at the Baby Grand Piano, providing that stability for the change, keeping everyone on note.

Singing in a choir has long been recognised as one of the best ways of being part of a committed group, enjoying others' company as well as giving to others. Remember, the voice is an instrument. You may wish you could play an

instrument but feel daunted by what that entails. If you enjoy singing, your voice is your instrument. Practice makes perfect, so join the



L to R Former leader Beth Green, Accompanist Sue Nancarrow and New Director Andrea White

Choir. During Covid performances have not been possible, but practice has been, albeit wearing masks. In the past, the Choir had a long list of performances each year. Now the list is being rebuilt. The audiences are in such places as Retirement Villages and Community Associations. Older people enjoy both performing and listening to performances, so it gives joy to all those participating in whatever way.

Music is also a well-known way of reaching people with memory problems. Songs can

spark memories of happy times. Have you been emotional at a performance of Les Misérables? Has the drama of Phantom of the Opera grabbed you? Well, imagine yourself performing that music in a Choir. You might like to feel the beat as the Choir belts out some jazz such as "You're just in Love." Enjoy the sound of the Irish ballad "The Gypsy Rover" or a Judith Durham pop song, "Colours of my Life". A traditional English folk song called "Blow the Wind Southerly" is also in the current repertoire.

First and Second Sopranos, Altos, Tenors and Basses are all welcome to join the Achord Choir. The Choir meets for practice every Thursday, from 10am to 12noon at the Theosophical Society, 310 South Tce., Adelaide. There is time to socialise before, during and after practice. The fee for the year is \$170, which is needed to cover costs. It can be paid in instalments. **Contact Helen Abrahams 0420 615 505, or Fran 0428 537 688** to express your interest.

RETIRE ACTIVE ORCHESTRA

On Sunday, 8 May at the Unley Community Centre the Cumberland Park Retire Active Orchestra gave their last concert under the baton of Roland Dunkbaar. The audience was smaller than usual owing to Mothers' Day and two changes of venue. However, the audience outnumbered the orchestra and most importantly the afternoon was enjoyed by both audience and players.

Roland engaged the audience immediately by demanding that we bring the orchestra in by clapping the beat for the opening march. Pieces by Mozart, Liszt and Beethoven followed, each introduced by Roland with a few words to provide historical context, and thus greater meaning and enjoyment. The audience were foot-tapping participants once again for the final piece, Tequila.

It has been a wonderful almost 6 years for the orchestra under the direction of Roland. The afternoon finished with Coordinator Bill Eime presenting Roland with a bag of gifts to say thank you and wish him well for his move to Western Australia. He will be greatly missed but he leaves the orchestra in excellent form. **Anthea Magarey**



Bill Eime (on the right) thanking Roland

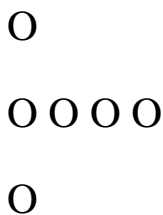


The Orchestra being acknowledged by the audience

TRAIN THE BRAIN

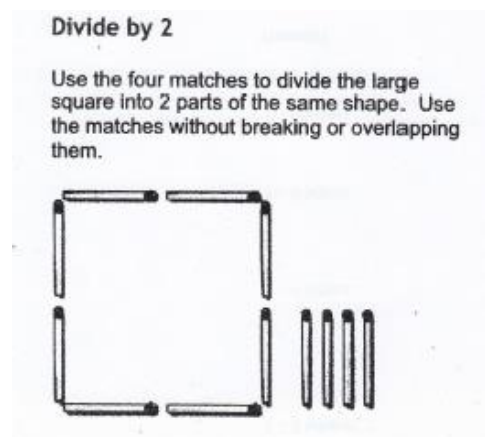
March Puzzle

Arrange 6 coins as shown below. Move only one coin so that you end up with four coins horizontally and four coins vertically.



Answer: The fourth coin in the row is placed **ON** top of the first coin in that row.

June Puzzle



BUSHWALKERS

4200 kilometres traversed in Wilson's Promontory

About 70 Retire Active SA Bushwalking members spent the last week of March in Wilson's Promontory National Park, Victoria. Most camp attendees (ranging in age from 61 to 79 years) stayed at Tidal River

banksia forests, sand dunes and the most southern colony of mangroves in the world. Every day there were birds to spot and new plants to identify, while around the campground wombats grazed oblivious of human presence, and crimson rosellas and wrens were happy to pick up crumbs around your feet or inspect the inside of your cabin.

others just their nest; everyone saw the southernmost tip of mainland Australia (South Point), dolphins, colonies of Australian and New Zealand fur seals, flocks of various sea birds, the amazingly eroded, aptly-named Skull Rock, the beautiful rugged coast and enjoyed views to the granite boulders of Mount Oberon, which most of us had climbed



Campground in very comfortable cabins, small one-room huts, their own caravan or pitched a tent. There were four grades of walk on each of six days with a rest day in the middle. Walks varied in length from 6 to 22 km according to grade, and most days over 60 camp attendees completed a walk. Sixteen members did an overnight walk to the lighthouse on SE Point. Over 4200 km were traversed across the week. While a number of tracks were closed owing to storm damage last year or recent controlled burns, walks encompassed coastal areas, mountain lookouts with panoramic views, fern gullies,

Most campers attended one of the two sessions (held on The Big Drift sand dune) from Park Ranger Bill. While relatively new to this park, his passion for restoring and managing the native bush and preserving the area's cultural heritage of the area through partnering with the Traditional Owners was evident. A key strategy he is currently working on is to expand the application of indigenous fire management practices.

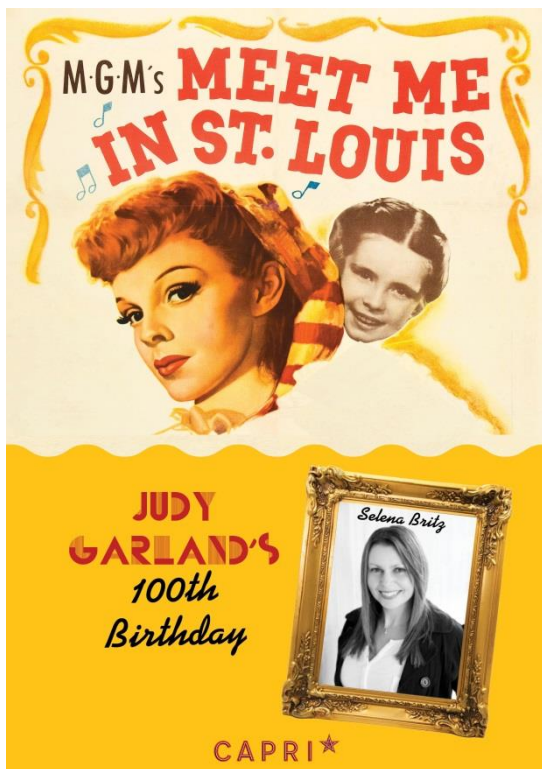
On the 'day off' many camp attendees took a 2.5-hour cruise on an amphibious boat, down the coast and around the off-shore islands. Some were lucky to see sea eagles,

the previous day.

It's traditional at Retire Active SA Bushwalker camps to gather for the first and last night meals, and a daily 'happy hour' when reports of the day's activities are shared and a briefing of the next day's walks provided. With no suitable enclosed area, these had to be held outside. Fortunately, we had fine weather, in fact the whole week was perfect for walking.

Another smoothly-run camp thanks to Andrew and Elaine Davies and the walk leaders for each grade. Thank you all very much. **Anthea Magarey**

CAPRI Double Pass GIVEAWAY



MEET ME IN ST LOUIS - JUDY GARLAND'S 100TH BIRTHDAY CELEBRATION

Hosted by Anne Wills and Peter Goers
The Capri Theatre, Goodwood
Monday June 13th at 2.00pm - 5.00pm

1:00pm BAR OPEN
1:45pm THE MIGHTY WURLITZER THEATRE ORGAN
2:00pm SELENA BRITZ SINGS JUDY
2:30pm REMEMBERING JUDY
2:35pm INTERVAL
3:00pm MEET ME IN ST LOUIS

SYNOPSIS

In the year leading up to the 1904 St. Louis World's Fair, the four Smith daughters learn lessons of life and love, even as they prepare for a reluctant move to New York.

The film also stars Margaret O'Brien, Academy Award Winner for Outstanding Child Actress in 1944. It also went on to win a further 7 Awards and 5 Nominations from 1945 through to 2005.

To go into the draw for a double pass contact
Retire Active SA Office:
8211 9711 or info@retireactive.com.au
by Wednesday 8 June 2022



SHARON AND SLAVA GRIGORYAN IN CONCERT

Sunday June 12th at 3.00pm
The Capri Theatre, Goodwood

FUNDRAISING CONCERT FOR THE CAPRI

Come and enjoy these two world-class musicians together on the intimate stage of the Capri, for the benefit of this iconic old building.

Their repertoire spans cultures, generations and genres – from standard works for guitar and cello (Granados, Piazzolla) to creations by contemporary composers, and their own compositions and arrangements which shine a new light on familiar, and less familiar, favourites.

For any further details please
phone 8272 1177 or capri.org.au

GROUP ACTIVITIES

ART APPRECIATION

Tours of the Art Gallery of SA are led twice monthly by Gallery Guides (**4th Monday, 2nd 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**

June (Thursday 9 / Mon 27): Myths and Legends - Melrose Wing of International Art

July (Thursday 14 / Mon 25): Pure Form: Japanese sculptural ceramics

August (Thursday 11 / Monday 22): Archie 100: A Century of the Archibald Prize and Robert Wilson: Moving Portraits

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**

June 3: Heather Sheard and Ruth Lee, Women to the Front (NF)

July 1: Geraldine Brooks, The Secret Chord

August 5: Sara Krasnostein, The Trauma Cleaner (NF)

Sept 2: Barbara Kingsolver, The Lacuna or Unsheltered

Oct 7: Tim Winton, Dirt Music

Nov 4: Sarah Nisha Adams, The Reading List

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. Contacts: **Phil: 0417 848 070, Monique 0431 826 605, John 0427 182 584**

C WALKS

JUNE

Monday 6: Jenny: 0406 021 977

Cleland NP

Monday 13: Neil: 0429 773 800

Hallett Cove

Sunday 19: Sandy: 8391 3643

Woodside

Saturday 25: Peter: 0414 810 058

Kuitpo Forest

JULY

Sunday 3: Carol: 0428 882 239

Christmas Hill Kuitpo

Saturday 9: Kerry: 0410 194 585

Kidman & Willunga Basin Trails

Friday 15: Christina: 0405 276 361

Mark Oliphant CP

Thursday 21: Neil: 0429 773 800

Rocky Creek-Mt Bold Reservoir

Wednesday 27: Brian Denton: 0478 293 500

Gumeracha

D WALKS

JUNE

Friday 3: Rose: 0477 839 880

Modbury Heights - Para Hills

Thursday 9: Maureen: 0420 869 538

Onkaparinga Wetlands

Wednesday 15: Simone: 8377 1296

Michael Perry Reserve

Tuesday 21: Colleen: 0435 267 498

Montague Gardens

Monday 27: Pat: 0404 377 457

Laratinga Wetlands

JULY

Saturday 2: Rose: 0477 839 880

Glenelg-Kurrallta Park

Friday 8: Joan: 8344 6287

Onkaparinga River

Thursday 14: Heather: 0448 051 440

Christies Creek

Wednesday 20: Liz: 8352 1636

Tuesday 26: Maureen: 0420 869 538

Gawler

CARAVAN GROUP

June: Fri 17 – Fri 24 Broken Hill NSW

August: Fri 5 – Wed 10 Mildura / Buronga, NSW (5 nights only, as per Silo Art trail return)

September: Fri 9 – Fri 16 Crystal Brook

October: Fri 14 – Fri 21 Castlemaine, Victoria

November: Fri 18 – Fri 25 Mt Barker
Contact **Gail Field: Group Convenor 0413 282 467** or

pr_gm.field@bigpond.com

COMPUTER AND TECHNOLOGY GROUP

Meetings are held at Mile End Church of Christ, 2 Danby Street, Torrensville, on the **3rd Friday each month at 11am**. For further information contact: Secretary **Lesley: 0488 661 931**

<https://retireactivesacom.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.

June 1, 15, 29: Decide on the day, TLK

June 8: Unley to Seacliff, **Jane 0402102608**

June 22: Little Para Bike Trails, **Marg 0439947291**

July 6: Williamstown, **Ros 0448 741 556**

July 13, 27: Decide on the day, TLK

July 20: 6 Suburbs Ride, Jo

0432 429 922

August 3: Mt Barker Laratinga Wetlands, Patsy **0439332533**

August 10, 24: Decide on the day, TLK

August 17: Brighton to Outer Harbour

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

FIVE HUNDRED CARDS

Retire Active SA Office **Thursdays, 11.00am to 2.30pm, fortnightly** from Thursday 2 June. 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

See also our webpage:

<https://rjbothwixsite.com/arpa4wd-group>.

For further details of the following 2022 events contact the nominated leader.

June 15: Visit Tindo Solar Factory

Lesley: 0488 661 931

July 14: Mid-winter lunch at The Southern

Keith: 0498 083 341

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

Oct: Bendleby Ranges. **Kent:**

kentmakin@hotmail.com

Oct 17 to Nov 1: Binns Track trip part B. **Neil: 8270 2957**

Nov 8: AGM

GOLF GROUPS

Golf 9 hole: Contact **Wayne: 0418**

818 172 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 at 10.30am 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.**

June: Wednesday 8: Through the glass

July: Tuesday 12: Free choice

August: Wednesday 10: Flash/light photography

Sept: Extended field trip, date TBA

PLEASURE FISHING

June: Arno Bay-Elliston

For further information contact **Paul and Jeanette Martin: 0429 678 536** 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

All Retire Active SA members' welcome. We meet 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 12.30 unless otherwise indicated.

June: Monday 13: Walkers Arms, 36 North East Road, Walkerville. Host:

Marie: 0478 123 618 or

nanmudge@gmail.com.

July, Wednesday 13: Morphett Arms, 138 Morphett Road, Glengowrie.

Host: **Carol: 8294 6716**

August, Monday 15: British Arms, 58 Finnis Street, North Adelaide. Host:

Marie: Text 0478 123 618 or

nanmudge@gmail.com

September, Wednesday 14: Largs Pier Hotel: 198 Esplanade, Largs Bay. Host: **Val: 0400 225 465**

October, Tuesday 11: The Republic: 120 Magill Road, Norwood.

Host: **Dianne: 0419 857 882**, if no answer, email

arpasoclgp@gmail.com or text

0419857882

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 3rd Monday every month from 12.30 – 2.30. Enquiries **Elizabeth 0438 843 066** or **Lorraine 0427 093 839**

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 rd 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

CLASSIFIEDS

Cost: \$3.00, GST inclusive PER LINE (or part line) Billed after publication. Please send copy to info@retireactivesa.com.au

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.



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who might like to join our amazing community?**

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[retire active sa - activities for older south australians](#)

COUNCIL MATTERS Budget Report

As the end of the financial year approaches, Council is preparing the budget for the forthcoming year. While we achieve a steady stream of new members, we also continue to lose those who find themselves no longer able to participate in our activities. Many of our costs are fixed, i.e. do not change according to the number of members, so the need to maintain a stable membership base on which to frame the budget is always a challenge.

In the current inflationary environment, we can certainly expect costs to increase in the coming year, but the extent of such increases is yet to be determined. Of particular note is the large increase in the insurance premium that unexpectedly occurred this year, as yet we do not know what it will be this year. Nor do we

know the likely level of labour cost increases that will flow through to the relevant award under which we engage staff. Our goal is always to keep fee increases to a minimum while ensuring fiduciary responsibility but at the present time cost impacts are more difficult to anticipate going forward than would normally be the case.

Income other than membership fees, particularly sponsorship and lottery proceeds has been a challenge in recent years. Seeking new and appropriate sponsorships has been held in abeyance whilst we went through our recent strategic and re-branding initiatives. Now that we have a clear brand and image, Council can refocus its efforts on pursuing new sponsorship opportunities. Additional challenges have resulted from the People's Choice Lottery going purely on-line resulting in less

opportunities for us to promote and sell our ticket allocation and Council will need to address the impact of this into the future.

In the current environment of uncertainty Council has set a minimal interim fee increase of \$1 from 1 July, to be reviewed in six months, in the full knowledge that without the desired increase in membership and sponsorship income, this will result in an overall deficit which will need to be funded from reserves. In coming months Council will continue to discuss strategies to address the long-term financial sustainability of Retire Active SA in the context of inflationary conditions and the need to match membership and other income streams to operating costs.

David Eitzen (Treasurer)
Anthea Magarey (President)

BUSHWALKERS, *Wilson's Promontory*



Boardwalk beside Tidal River



Big Drift Sand Dune



Lighthouse, South East Point, Wilson's Promontory

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