

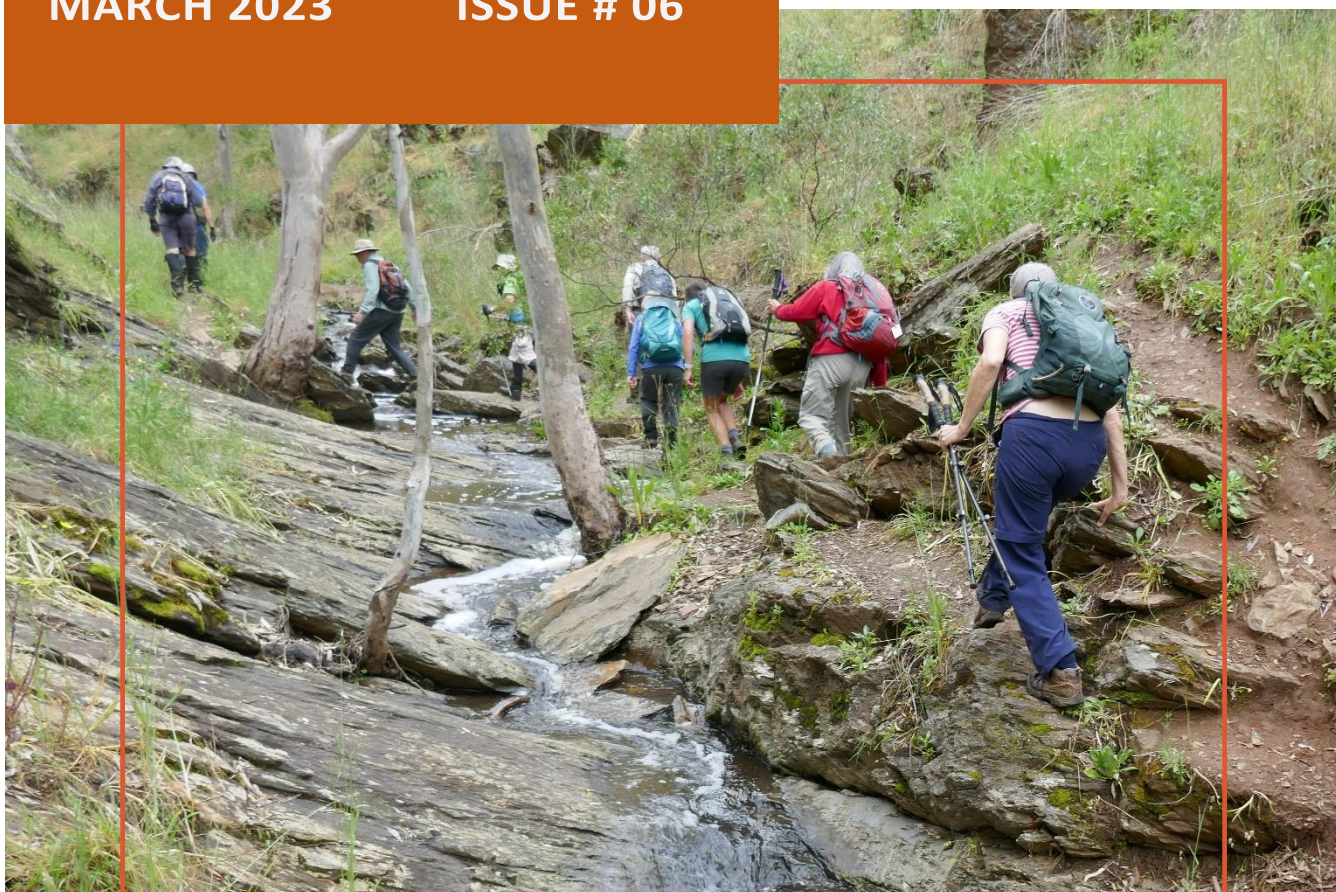
# Connect

MARCH 2023

ISSUE # 06



**Retire**  
**Active**  
**SA**



- COUNCIL MATTERS ● COFFEE WALKERS
- ORCHESTRA ● MIDDAY TALK
- BUSHWALKERS ● EDIBLE GARDENING
- BADMINTON/TABLE TENNIS/POOL
- TAPLINERS ● 4 WHEEL DRIVE
- TRAIN THE BRAIN ● NEW MEMBERS
- DISTRICT GROUPS ● CAPRI GIVEAWAY
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### 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: 0112 785 540

### NEWSLETTER PRODUCTION DATES

June 2023: Deadline for items is Monday, 1 May.

### RETIRE ACTIVE COUNCIL 2023

President: Kevin Dennis

Vice-President: to be advised

Treasurer: Gary McCalden

Secretary: Liz Watson

Group Liaison: Vittala Shettigara

Members: Lesley Schoff, Allan Jameson, Kim Taeube, Peter Burgess, Catherine Banner

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

For all information on groups, membership application and renewals.

**Photo Front Cover:** A Walkers negotiating Watiparinga Creek, Eden Hills, photograph by Les Gray



## COUNCIL MATTERS

Vittala Shettigara PhD.  
Group Liaison Coordinator

It is with great pleasure I have accepted the role of Group Liaison Coordinator for Retire Active. I sincerely hope that I will be able to contribute. Retire Active is doing a fantastic job in providing organisational support to over 30 activity groups. We all appreciate how important it is to be active as we get older to belong to some group and connect. In this regard the importance of Retire Active is obvious.

I am involved in three groups and that has enriched my retired life enormously. As the Group Liaison Coordinator, I would like to consult with as many Group Coordinators as possible so that together we can make Retire Active more effective. I welcome opportunities to attend meetings of Groups and seek feedback from the members. Meanwhile, I urge members to invite others to Retire Active so that they too can belong and connect.

**Retire Active SA has a new office email address**

[reception@retireactivesa.com.au](mailto:reception@retireactivesa.com.au)

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

## COFFEE WALKERS ON TUESDAYS

This is a new group formed in 2023. The formation and walk planning has been driven by long-time Bushwalker Colleen Ingram, who recognised that a number of members wanted a walk that was shorter than any of those offered by the Bushwalking Group.

Throughout the summer Colleen and Sue Beale, with her guide dog Xenn, have been undertaking “recces” of 3 to 4 km walks, in order to create a weekly walk schedule. Further details are provided in the Group Activities pages under Coffee Walkers. This group fills an important gap, created when Wednesday Walkers were unable to find a coordinator. Thank you, Colleen, for this initiative. Many people are able to walk for an hour or so (especially if there are café refreshments at the end), but a 2 to 3 hour walk is beyond them. Coffee Walkers will take participants to interesting places in a supportive and friendly group.

For more information contact Colleen Ingram by text: 0435 267 498 or [colleen.ingram77@gmail.com](mailto:colleen.ingram77@gmail.com).

## RETIRE ACTIVE SA CUMBERLAND PARK ORCHESTRA



### SAVE THE DATES:

**Sunday 30 April 2023**

**Sunday 30 July 2023**

**Sunday 20 October 2023**

**All Concerts are all held at the**

**Cumberland Park Community Centre at 2.30pm – 3.30pm**

**388-390 Goodwood Road, Cumberland Park 5041**

**Cost \$15**

**CASH ONLY  
PLEASE, AT  
THE DOOR,  
NO BOOKINGS**



### MARCH MIDDAY TALK

**Delivered to you by the**

**South Australian Police Department**

**The next Midday Talk will be on **Wednesday 29 March****

**at the Retire Active SA Office,**

**4<sup>th</sup> Floor, 25 Leigh Street, Adelaide at 12 Noon.**

### **THE TOPIC: **Cyber Safety and Scams to Be Aware Of****

Our guest speaker is Sergeant Phil Moss, who will present on Cyber Safety and Scams.

With the prevalence of online scams in today's society, Phil will share with you the types of scams criminals are using at the moment so that you can identify these activities and prevent becoming a victim.

Phil has spent most of his eleven years in the police force as a general duty police officer. Recently he has moved to the community engagement section as a Sergeant and spends most of his time focusing on crime prevention within the local community.

**There will be 10-15 minutes after the talk  
(approximately 45 minutes) to answer any questions.**

We invite you and/or a friend to come along **free of charge** to Retire Active SA, Level 4, 25 Leigh Street, Adelaide with your coffee and lunch box if you would like, to listen and ask questions on this important topic.

**To register your attendance:**

**Phone the Office on 8211 9711 or**

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

**We look forward to seeing you there.**

## GROUP NEWS

### THE HEYSEN TRAIL AND RETIRE ACTIVE SA (ARPA) BUSHWALKERS

The Heysen Trail is approximately 1200km long, stretching from Cape Jervis on Fleurieu Peninsula to Parachilna in the Flinders Ranges. Retire Active SA Bushwalkers have had a long association with the trail. In fact, the group can trace its origins to a meeting called in February 1983 by the late Terry Lavender, senior ranger of Recreation and Sport and the architect of the Heysen Trail. He was responsible for implementing the plan, originally proposed by Warren Bonython in 1969, and was

entire length of the trail. Thus Heysen 1 (the first ARPA group to walk end-to-end) was born. Since 1991, there has always been at least one Retire Active SA (ARPA) group walking the Heysen Trail, currently the 17th group is about to start their second season of walking. Most groups complete the trail across three walking seasons; one group did it in only two. Not all those who start finish. Bushwalking Group records show that 179 walkers have completed the full trail over the last 32 years.



**Margrit (far Right) with her fellow Bushwalkers at the ceremony.  
(L to R Christina, Monique, Mark, Ute and Stephanie)**

seeking interest for HT maintenance. After a note was placed in the ARPA News, at least five ARPA members attended; a year later the Bushwalking Group was formally formed. Members regularly walked sections of the Heysen Trail in the Adelaide Hills. In 1991 a camp was held at Deep Creek Conservation Park, then Cape Jervis to Newland Head was tackled as a series of day walks, with car shuttles. Sitting around the fire on the last evening, someone suggested they walk the

Since its formation in 1987, The Friends of the Heysen Trail have issued a certificate to those completing the whole trail. When Margrit Warmer, a member of Heysen 16, applied for her certificate late last year, she was surprised to learn that she was the 1,000th person to complete the trail. Margrit was invited to the Heysen Office for a special ceremony at which her certificate was presented, accompanied by a surprise package of walking 'goodies'.

**Anthea Magarey**

## BUSHWALKERS' AGM

**E**ighty-four members attended the Retire Active Bushwalkers Group's 39th AGM, on Monday, 6 February.

There is always a guest speaker at these meetings and this year it was Paul Leadbeter, the CEO of the SA Branch of the National Trust. Paul's presentation focussed on the natural environment properties held by the Trust, and related activities. Currently the SA Branch manages 28 natural reserves covering an area of 1500 hectares. These vary from pristine scrub with no facilities or trails, and/or no public access, to areas with well-defined and interpretative trails. The latter include Watiparinga Reserve (32 ha) that links to Shepherds Hill Recreation Park; Sandison Reserve (51ha), which has a 7.1km walking trail and links to Hallett Cove Conservation Park; Roachdale Reserve Nature Trail near Kersbrook, with a 1.3 km trail and a wide plant diversity; and Lenger Reserve (95ha) near Mannum, with a marked hiking trail and good plant and bird diversity.



*Bushwalking Group Award recipients:  
Kerry Doyle, Colleen Ingram and Chris Magarey*

The contribution of volunteers is critical to the maintenance of these reserves. A focus for future developments is the provision of walks over a few days with accommodation and food offerings, for example: using Collingrove Homestead near Angaston as an accommodation hub for walks in the Barossa; a Robe to Beachport coastal walk of 50 km; and a Mintaro to Clare slate miners' walk of 18 km.

The business aspect of the meeting was conducted smoothly and efficiently. Seven committee members retired (four of them having completed the maximum 6 years), and seven new members were elected.

Finally, three members were presented with Bushwalking Group Awards for their contribution to the running of the Group: Kerry Doyle, Colleen Ingram and Chris Magarey (see photo).

**Anthea Magarey**

## GARDENING BOTANIC GARDEN VISIT

### Edible Gardening Group Outing to Botanic Gardens

**O**ur monthly meeting in January was held at the Botanic Gardens. This beautiful open space is in the heart of Adelaide and makes such a wonderful place to visit when in the city.

We all came prepared for the luncheon with lots of homemade salads, quiches, sandwiches and cakes. Before we indulged our taste buds we had a tour of the edible plants in the Garden. Our guide for the tour

was none other than our own Michelle Walker who has recently qualified as an official guide to the Gardens.

We started with a short stroll over to the Ginkgo biloba trees (also called Maidenhair Trees) which produce nuts in late summer and are street food in many Asian countries. The trees have separate male and female forms and are deciduous.

From there, we wandered over to the Economic Garden. Here, there are many plants which are edible.



*Group Outing to Victoria Amazonica Pavilion, Adelaide Botanical Gardens*

There were some citrus trees and *Actinidia chinensis* (golden Kiwi fruit) plants. A native finger lime (*Citrus australasica*) tree was pointed out. These native citrus have a caviar-like fruit, with a zesty lime taste; they are promoted as bush-tucker (native foods).

Several persimmon (*Diospyros kaki*) trees are grown in the Gardens and we had a long discussion about the merits of astringent versus non-astringent fruit. Nearby was another bush-tucker fruit, the black apple (*Pouteria australis*), a rainforest tree which produces edible fruit resembling an apple or plum. The Gardens are currently growing a variety of gourds (*Lagenaria* spp.) which are trailed along wires around the outside of the Economic Garden. From here we walked over to the Cactus and Succulent Garden adjacent to the Palm House. There are several species of prickly pear (*Opuntia*) here. Most commonly, the fruit are eaten but the pads are also sold as a vegetable in Mexico. Pear was introduced to Australia from Mexico by the early settlers and has become an invasive pest.

Although we were nearing the end of our tour, we diverted to the Amazon Waterlily Pavilion to see some

wonderful species. The first was a flowering coffee bean (*Coffea arabica*) tree, which is a cross between two other species. Originally from Yemen, most *Arabica* coffee now comes from Brazil. Small clusters of white star flowers protrude from the trunk. These will ultimately become red 'cherries' containing two seeds – the coffee beans. The pièce de résistance was the vanilla bean plant (*Vanilla planifolia*). This is a member of the orchid family and is a climbing plant with a few sparse stems and leaves but the flower is wonderful. It must be hand-pollinated to produce the fantastic vanilla pod, making vanilla the second most expensive spice in the world.

After this interesting and informative tour, we retired to the rotunda to feast in the shade. Many thanks go to Michelle for her wonderful guiding and to Rob our group leader for all the arranging he does. The group meets on the third Thursday of the month at various members' houses and other locations around Adelaide. Please contact Rob ([robgray06@optusnet.com.au](mailto:robgray06@optusnet.com.au)) if you are interested in joining the group.

**Lindsay Pheasant**

## MODBURY BADMINTON, TABLE TENNIS and POOL/8 BALL

**T**owards the end of last year, after exhilarating games of table tennis and badminton, a few of the girls decided to celebrate the end of the year by going out to lunch. Past and present players took the opportunity to exercise their jaws at the local restaurant, completing this strenuous regime with a glass of bubbly or two.



*Back Row: Kathy, Sue, Sue, Shirley, Nola;  
Front Row: Rena, Viv, Doreen, Sandra, Brenda, Liz*

If you would like to try your hand at badminton, table tennis or pool, no experience is necessary and you would be warmly welcomed by everyone including David and Caterina who run the club. We meet on Friday mornings between 10.00-12.00pm and enjoy a cuppa half way through. Looking forward to welcoming new members in 2023.

**Liz Watson**

## TAPLINERS AND VARIETY CONCERTS

**T**he Retire Active SA Tapliners Group is very keen to recruit new members! We welcome beginners through to advanced tappers. Do you want to keep your mind active, increase your fitness, and improve your memory? This group will have you tapping your way to better health and wellbeing in no time! The Tapliners perform regularly at retirement villages, nursing homes, senior citizen clubs and other community groups. We also encourage musicians, singers and other variety acts to perform with us.

The Tapliners rehearse weekly on Wednesdays from 12.30pm to 3.30pm at the Enfield Community Centre, 540 Regency Road, Broadview. Beginners start at 11.30am.

**Contact Lorraine on 0409 691 331.**



*Tapliners performing at the Disability, Ageing and Lifestyle Expo in 2022*

## 4WD GROUP MYSTERY TRIP

9 February 2023

A glorious warm, sunny day enticed forty-three 4WD Group members and friends to an interesting trip through the backroads of the Fleurieu Peninsula. A convoy of 16 vehicles headed off, at two-minute intervals, from the carpark at the Victoria Hotel, O'Halloran Hill. After an easy drive to Clarendon and towards Kuitpo Forest, we travelled through native bushland on

well-formed dirt roads. On Range Road we were greeted with some panoramic views.

Around 10.30am vehicles starting arriving at the Mt Compass Wetlands for morning tea. Everyone enjoyed chatting and catching up with old and new members. It was hard to get a couple of people moving, since they seemed quite happy to mingle. However, we had to arrive at our lunch venue by 1.30pm.

About an hour later, cars started off again through farmland around Nangkita, Tooperang, onto Deep Creek Rd and Flagstaff Hill Road, with stunning views of Encounter Bay. Heading towards Goolwa, a dirt track with tall grass and deep ruts tested the driving skills of our members: everyone negotiated this successfully. The mighty Murray River greeted us as we drove along the water's edge to the Barrages car park. We learnt a lot about the river's lock system.



*Members at the Islander Tavern on Hindmarsh Island, enjoying a delicious lunch.*

The group had stretched out by this time, but we all gradually reached our final destination, just over the Hindmarsh Island bridge at the Islander Tavern. We were warmly greeted by six other 4WD members who didn't do the drive. The tavern staff were very attentive as we enjoyed our lunch, overlooking the calm waters of the marina.

No mystery trip is complete without a quiz to answer along the way. This encourages everyone to be alert to the surroundings and follow the directions to the end of the trip. The prize winners were Lesley and Wayne; Raelene and Rodney; Edith and Stuart.

Our 4WD members and friends had fun tackling the quiz, they enjoyed the scenic trip, but they especially appreciated the camaraderie at lunch. A fine end to a fine day!

**Julia Gazzola**



*Members enjoying a delicious morning tea at Mt Compass Wetlands.*

### NEW MEMBERS WELCOME

The 4 Wheel Drive Group is currently looking for new members to join their happy social group. Please contact **Julia Gazzola** on **0497 009 129** or email [bjgazz052@gmail.com](mailto:bjgazz052@gmail.com) For more information our webpage is:

<https://rjboth.wixsite.com/arpa4wd-group/social-days-for-2023>



**PERSONALISED 4WD  
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<b>5 day Yorke Peninsula</b> departs Feb 4	<b>\$1785</b> pp
<b>4 day Kangaroo Island</b> departs Feb 27 & Nov 1	<b>\$2415</b> pp
<b>9 day Wilson's Prom</b> departs February 13	<b>\$4185</b> pp
<b>5 day Mungo/Hattah NP</b> departs March 8	<b>\$2075</b> pp
<b>9 day Back O' Bourke</b> departs March 22	<b>\$4185</b> pp
<b>3 day Lake Eyre (incl plane)</b> departs on demand (flight)	<b>\$2050</b> pp
<b>9 day Painted Desert</b> departs April 13	<b>\$4185</b> pp
<b>7 day Coongie Lakes</b> departs May 10 & July 26	<b>\$3360</b> pp
<b>9 day Birdsville/Innaminka</b> departs May 24	<b>\$4185</b> pp
<b>12 day Longreach/Winton</b> departs June 10	<b>\$4985</b> pp
<b>9 day Birdsville/Windorah</b> departs July 6	<b>\$4185</b> pp
<b>9 day Head Of Bight Whales</b> departs August 14	<b>\$4045</b> pp
<b>5 day Gawler Ranges</b> departs August 26	<b>\$2150</b> pp
<b>8 day Flinders &amp; Outback</b> departs September 6	<b>\$4500</b> pp
<b>5 day Flinders &amp; Arkaroola</b> departs Sept 27 & May 2	<b>\$2670</b> pp
<b>5 day Tumby Bay</b> departs October 16	<b>\$1995</b> pp



**Desert Sky Tours  
0419 502 332**

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email - [enquiries@desertskytours.com](mailto:enquiries@desertskytours.com)  
Website - [www.desertskytours.com](http://www.desertskytours.com)

**TRAIN THE BRAIN  
(answer on page 10)**

**VIRAL MATCHSTICK BRAIN TEASER**

Your task is to move just one matchstick to fix the equation.  
This math question seems simple, however, how quickly can you find all 3 solutions?

**MOVE JUST ONE STICK  
TO FIX THE EQUATION**



**WELCOME TO THE FOLLOWING NEW  
AND RETURNING MEMBERS**

Alan Renshaw	Jill Novy
Andy Hagan	John Arthur
Catherine Beer	Joseph Hoogland
Christine Herapath	Josephine Sculli
Colin King	Julie Siebentritt
Colin Tilbrook	Kon Heyer
David Hayes	Megg Kelham
David Parkinson	Pauline Brinkworth
Diane Pillen	Peter Brinkworth
Geoff Bickley	Peter Clark
Giordana Cross	Peter Hudson
Gordon Richards	Robyn Harrison
Heather Lawes	Roger Scholefield
Helen Oniszk	Susan Renshaw
Ian Coxell	Susan Wiltshire
Irene Dennis	Tim Pulsford
Jane Russell	Trevor Addison
Jean Kinloch	
Jenny Pearce	



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**General information:**

[cleaning@ninaandfriends.onmicrosoft.com](mailto:cleaning@ninaandfriends.onmicrosoft.com)

or phone Anderson: 0419 997 110

## 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 – 1pm	\$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	Rochelle: 0408 848 605	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	Lorraine: 8248 3363	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

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### TRAIN THE BRAIN ANSWER

(From Page 9)

The 3 answers are:

$$8 - 4 = 4$$

$$0 + 4 = 4$$

$$5 + 4 = 9$$

## CAPRI Double Pass GIVEAWAY

Exhibition On Screen –  
Vermeer –  
The Blockbuster Exhibition

Sunday, 7 May 2023  
at 4.00pm – 5.30pm



To go into the draw  
for a Double Pass,  
contact  
Retire Active SA Office

Phone: 8211 9711 or  
email:  
[info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)  
by  
Tuesday 28 March 2023

## Celebrating the 40<sup>th</sup> Anniversary of the Mighty WurliTzer Theatre Organ:1983 -2023

A whole weekend of events is planned. You can buy a discount package to all three events and save up to \$20 by contacting us directly at [secretary@capri.org.au](mailto:secretary@capri.org.au) or by calling 8272 1177.

Theatre Organ Society of SA Presents

**Dirty Dancing + the Hits of the 80's**

**Friday March 31<sup>st</sup> 7.00pm – 9.45pm**

Hear the mighty WurliTzer like never before as a group of very talented artists bash out the hits of the 80s to get you in the mood for one of the most iconic films of the decade, Dirty Dancing! In celebration of the 40th anniversary of its inaugural concert at the Capri, all proceeds will go towards the restoration of the theatre organ.

\*\*\*\*\*

**Strike Up The Band with Chris McPhee & Rosanne Hosking**

**Saturday April 1<sup>st</sup> 2.00pm – 4.00pm**

Chris, on the WurliTzer, assisted by vocalist Rosanne, will feature music from the big band era. They will be joined by the acclaimed City of Unley Concert Band.

\*\*\*\*\*

**Magical Movie Music with John Atwell and Tony Fenelon**

Two of the three organists from the inaugural 1983 concert will play the WurliTzer organ to celebrate its 40 years in the Capri.

**Sunday April 2<sup>nd</sup> 2.00pm – 4.00pm**

\*\*\*\*\*

For further information on these events & to book tickets:

<https://capri.org.au/events/> or phone 8272 1177

## Other forthcoming events at the CAPRI

Exhibition On Screen – Mary Cassatt: Painting the Modern Woman

**Sunday March 12<sup>th</sup> at 4.00pm – 5.30pm**

Mary Cassatt made a career painting the lives of the women around her.

\*\*\*\*\*

Charade Screening *starring* Cary Grant Audrey Hepburn  
& Live Performance by Brigitte Baden-Rennie & The Kym Purling Trio  
Celebrating The Music of Johnny Mercer

**Sunday March 19<sup>th</sup> at 2.00pm – 5.00pm**

\*\*\*\*\*

Exhibition On Screen - Vermeer –The Blockbuster Exhibition

**Sunday May 7 at 4.00pm – 5.30pm**

In the spring of 2023, the Rijksmuseum in Amsterdam will open its doors to the largest Vermeer exhibition in history.

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## 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: **Jennifer Campbell: 0448 708 735**

**February 27** Nature of Culture G6 and 7

**March 27:** Bewilderness / Sera Waters

**April 24:** Andy Warhol & photography: A Social Media (ticketed)

**May 22:** Interwoven Journeys

### 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**

**March 3:** Treacle Walker, Alan Garner.

**April 14:** Oh William! Elizabeth Strout.

**May 5:** Hard Labour: wage theft in the age of inequality, Ben Schneider.

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: **Kathryn 0428 194 065, John 0438 523 560.**

### C WALKS

#### MARCH

**Wed 1:** Tony 0408 743 648 Morialta CP  
**Tue 7:** Sue 0478 177 561 Shepherds Hill  
**Mon 13:** Andrew 0455 545 246 Kyeema CP

**Sun 19:** Bruce 0490 833 282 Anstey Hill  
**Sat 25:** Brian 0478 293 500 Watts Gully  
**Fri 28:** Kerry & Pat 0410 194 585 Mt Barker / Wistow

#### APRIL

**Thu 6:** Paula 0409 094 773 Waite Loop  
**Wed 2:** Bernice 0417 899 063 Para Wirra CP

**Fri 14:** Peter 0413 808 334 Happy Valley

**Tue 18:** Jennifer 0406 021 977 Burnside hill-face

**Mon 24:** Evelyn 0407 606 741 Willunga Basin

#### D WALKS

##### MARCH

**Mon 6:** Liz 8352 1636 Aldgate Valley  
**Sat 11:** Rose 0477 839 880 North Haven  
**Wed 15:** Sheila 0406 089 193 South Parklands & Unley

**Tue 21:** Aileen 0417 297 810 Pinera to Mitcham

**Mon 27:** Jean 0403 660 869 River Torrens to Brompton

##### APRIL

**Mon 3:** Elizabeth 8294 5805 Belair  
**Sun 9:** Rose 0477 839 880 Mansfield to Regency Park

**Fri 14:** Heather 0448 051 440 Happy Valley Reservoir

**Thu 20:** Colleen 0435 267 498 Sellicks Beach to Aldinga

**Wed 26:** Evelyn 0407 606 741 Oakden Reserve

### CARAVAN GROUP

Contact **Gail Field: (Group Convenor) 0413 282 467** or [pr\\_gm.field@bigpond.com](mailto:pr_gm.field@bigpond.com)

**March 17–24:** Warrnambool VIC  
BIG4 Warrnambool Figtree Holiday Park 3-star. 33 Lava St, Warrnambool VIC 3280. (03) 5561 1233. (Aborted at beginning of COVID). **Cut-off Date: Feb 17.**

**May 12-19:** Beechworth VIC. G'Day Park, 20 Peach Drive Beechworth VIC 3747. (03) 5728 1421. **NOTE Booking Cut-off date Jan 1.**

**June 16–23:** Mannum SA. BIG4 Breeze Holiday Parks – Mannum (Classic Park) Purnong Road, Mannum 5238 SA. (08) 8569 1402. Cut-off date: May 16.

**August 4–11:** Quorn, SA.

**September 8–15:** Morgan, SA.

**October 13–20:** Echuca, Vic.

**November 17–24:** Nuriootpa, SA.

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**

### COFFEE WALKERS

For those who want a shorter walk than those currently offered by the Bushwalkers. Every Tuesday morning, 3 to 4 km followed by a visit to a café. For further information: **Colleen by text: 0435 267 498** or [colleen.ingram77@gmail.com](mailto:colleen.ingram77@gmail.com). Walks are cancelled if the predicted temperature for the day is 30°C or higher.

### MARCH

**7:** Seaford to Moana

**14:** Shearwater Lake

**21:** Adelaide RS to Brompton

**28:** Steube Trail

### APRIL

**4:** Light's View

**11:** Taperoo to Largs

**18:** Belair National Park

Gilberton Gully

### MAY 25:

**2:** Montague Wetlands

**9:** Glen Osmond Creek

**16:** Stirling to Crafers loop

**23:** Linear Park, Campbelltown

**30:** Mawson Lakes Wetlands

### 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://retireactivesacomp.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

## CYCLING (continued)

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.

Further information at <https://arpacycling.wixsite.com/cycling>

**March 8:** Decide on the day. Meet TLK.

**March 15:** Fiona's Ride. Kuitpo Forrest. Moderate terrain, best suited for mountain bikes or hybrids.

**Fiona mob. 0415 832 511**

**March 22:** Brighton to Outer Harbour (Brian). Suit all bikes.

**March 29:** Decide on the day. TLK.

## 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. **Meeting from 9 Feb.** Enquiries: **Riet 0459 023 632**

## FOUR WHEEL DRIVE

For general information about the 4WD Group, contact Coordinator **Julia:** [bigazz052@gmail.com](mailto:bigazz052@gmail.com) or **0497 009 129**  
See also our web page <https://rjboth.wixsite.com/arpa4wd-group/social-days-for-2023>

Activities planned for 2023 include:

### Social Days

**March 17:** Adelaide Botanical Gardens. **Lesley: 0407 979 460**

**April 6:** Tour of RM Williams, Percy St, Prospect with lunch at Wellington Hotel **Yvonne Nicholl:**

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

**June:** TBA

**July:** Mid-Winter Lunch. **Keith: 0498 083 341**

### Major Trips

**March 13–19:** Victoria High Country 4WD. **Neil: 0467 013 377**

**July 28–Aug 5:** Alpana Cactus Kill. **Keith: 0498 083 341**

**Sept 7–14:** Meningie, Limestone Coast to Pt MacDonnell. **Julia: 0497 009 129**  
Contact nominated leader for more 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. Enquiries: **Rod: 0408 258 919.**

## PLEASURE FISHING

**Mar 19–26:** Pt Turton

**Oct 25–Nov 1:** Pt Turton

**Tentative:**

**May 3–10:** Moonta Bay

**June 2–10:** Arno Bay/Elliston/Arno Bay

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. Start time is 12:30 unless otherwise indicated.

**Thurs 16 Mar:** Highlander Hotel, 647 North east Rd Gilles Plains. High on the hill with a menu as long as a cricket pitch. **Host Marie:** email: [nanmudge@gmail.com](mailto:nanmudge@gmail.com) or text 0478 123 618. Or leave a message with name and number if call not answered.

**\*WED 19 APRIL\* (NOTE CHANGE OF DATE from previous newsletter):** Cinnamon Club, 211a The Parade, Norwood. They offer a Lunch Special that is real value for money. **Host: Dianne:** Email: [arpsclgp@gmail.com](mailto:arpsclgp@gmail.com) or text 0419 857 882 with name and phone number if call not answered.

**Mon 22 MAY:** The Watermark, 631 Anzac Highway, Glenelg. Buffet style. **Host: Val: 0400 225 465.** Please leave a message with name and number if call not answered.

**Fri 16 JUNE:** Bridgeway Hotel, 18 Bridge Road, Pooraka. Extensive menu plus Seniors Meal deal \$15-22. **Host: Marie –**

Email [nanmudge@gmail.com](mailto:nanmudge@gmail.com) or Text 0478 123 618 or leave a message with name and number if call not answered.

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 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: Lex Brown: 0418 596 196.**

## TRAIN THE BRAIN

We meet monthly 10.30am to 12.30pm, on the 4<sup>th</sup> Tuesday of the month, at the Retire Active SA Office, Level 4, 25 Leigh St, Adelaide. Enquiries **Elizabeth 0438 843 066** or **Lorraine 0427 093 839.**