

# Connect

DECEMBER 2022

ISSUE # 05



**Retire  
Active  
SA**



- OFFICE CLOSURE ● COUNCIL MATTERS ● TRAIN THE BRAIN
- PEOPLE'S CHOICE LOTTERY
- PLEASURE FISHING ● CHOIR ● GAWLER GROUP
- FLEURIEU GROUP ● CARAVAN CLUB
- BUSHWALKERS ● CYCLING ● TENNIS
- TAPLINERS ● NEW MEMBERS ● CLASSIFIEDS ● CAPRI GIVEAWAY
- DISTRICT GROUPS ● GROUP ACTIVITIES

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

### OFFICE HOURS

9.30am to 2.30pm Tuesday – Friday

ABN: 93 661 993 592

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News

### ACCOUNT DETAILS

Australian Retired Persons Assoc. (SA)

Inc. BSB 105 022 (Bank SA)

Acc No: 0112 785 540

### NEWSLETTER PRODUCTION DATES

**March 2023:** Deadline for items is Wednesday, 1 February.

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

### RETIRE ACTIVE COUNCIL 2022-23

President: to be advised

Immediate Past President: Anthea Magarey

Vice-President: to be advised

Treasurer: Gary McCalden

Secretary: Liz Watson

Group Liaison: Vittala Shettigara

Members: Lesley Schoff, Allan Jameson, Gary Sauer-Thompson, Kevin Dennis, Kim Taeube, Peter Burgess

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

For all information on groups, membership application and renewals.

Photo Front Cover: Tapliners

performing at the Disability, Ageing and Lifestyle Expo (by Marilyn Yemm)

## RESPECT

**R**espect is the key to our amazing Retire Active organisation. We are dependent on volunteers who give their time and energy to benefit this organisation in many ways. This is a reminder to appreciate and support volunteer efforts.



While it might be tempting at times to criticise, please be aware that undermining others ultimately leads to poor relationships. Constructive suggestions are welcome, and offers to help carry them out are even more welcome!

Please be prepared to support those who offer to take on responsibilities, coordinate activities, act on Committees, and organise events, so that Retire Active can continue to offer its great variety of activities in a friendly social setting.

### CHRISTMAS CLOSURE

The Retire Active Office will be closed from

16 December 2022 till 7 February 2023.

New memberships and renewals will be processed throughout this period. Please pay on time.

### IT AND MARKETING REQUEST

The Retire Active SA Council has recognised that it needs Marketing and IT expertise to benefit Retire Active in the future. If you can spare some time to help / advise in this area we would love to hear from you. You won't need a commitment to be on the Council unless you would like to be since we know how busy everyone is.

If this sounds like something you would like to help us with, please contact the office on 8211 9711 or [info@retireactivesa.com.au](mailto:info@retireactivesa.com.au)

**Cintia Rocha**  
**Retire Active SA**  
**Office Administrator**

### TRAIN THE BRAIN DECEMBER

Can you crack this code to make a word?  
(Not secure enough for the secret service)

**FMFNFOUBSZ**

Answer: On page 14

**PERSONALISED 4WD  
Itinerary 2023 !  
With Hotel Accom & All Meals!**

<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 28	<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



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**COUNCIL MATTERS**

**Anthea Magarey**

**Immediate Past President**

**Retire Active SA**

**T**wenty-four members attended the Annual General meeting on Tuesday, 20 September. The President's, Auditor's and Treasurer's reports can be accessed on our website. I would like to thank the retiring Councillors: Marilyn Yemm, who has served for a year and is resigning so she can concentrate on her role as an Office volunteer; Barry Apsey, who has provided wise counsel as Vice-president for the last 2 years; Elizabeth Alvey, who has served for four years and been a driving force behind the Group Liaison Committee; and David Eitzen, who has done a formidable job as Treasurer for the past three years and whom I cannot thank enough for the support he has given across all management issues. He has very kindly offered to assist with book-keeping activities on a regular basis. Liz Watson and Gary Sauer-Thompson who filled casual vacancies during the year, while five nominees – Peter Burgess, Kevin Dennis, Gary McCalden, Vittala Shettigara and Kim Taeuber – were elected.

Following the meeting Bill Eime and David French were each presented with a Retire Active SA Award for Outstanding Service: Bill for his leadership on the Orchestra committee (14 as a member, 11 as Chair), David for his contribution through his IT expertise and as President. Colin Brown and Connie Knox also received awards (in absentia) for their leadership at the Peninsula District Group, particularly through COVID.

A welcome visitor at the AGM was Jessica Puente with baby Noah. Jessica has resigned from her position at Retire Active to devote her time to being a mother and working from home. She has had a significant positive impact on the functioning of the office and will be missed. Cintia Rocha, who initially filled the position while Jessica was on maternity leave, has been appointed permanently and has shown herself to be just as personable and efficient, and an excellent problem solver with considerable initiative. However, there remains a need for more office volunteers. If you can spare four to five hours once a fortnight, please consider becoming an office volunteer. Importantly, Retire Active is a registered organisation for those who need to meet Centrelink volunteer hours.

# COUNCIL MATTERS (continued)

The Group News pages are evidence of the wide range of activities enjoyed by members. Thank you to those who provide these stories. They demonstrate that our organisation is strong and despite the falling numbers, will survive. From time to time Council hears of a degree of discontent within a group. Fortunately, this is uncommon but I alert everyone to read carefully the item on Respect on page 2.

I also draw your attention to the Council's report on activities during Active Ageing Week. Thank you to those members who led activities and to those members who attended the sessions. This annual event is an opportunity to promote our unique organisation – no other provides the range of activities available at Retire Active. I hope many more Groups will be involved in 2023.

The Disability Ageing and Lifestyle Expo at the end of October provided another opportunity to promote Retire Active SA. Our Tapliners were invited to perform on the stage among 300 exhibitors, for two periods on both days (see front cover photo) and a great display they gave. Other members attended to hand out brochures and talk to exhibitors. Some useful contacts were made with

respect to potential advertisers and/or groups with whom we could collaborate.

You will note the return of an Alfred James advertisement in this issue, a result of a new sponsorship package. This provides welcome income, as do the profits from the sale of Peoples Choice Lottery tickets. (Please see below). Every \$ spent purchasing these tickets comes directly to our organisation – there are no administration costs.

This is my last newsletter column for Council as I am retiring from Council after 5 years, three as President but have stayed for the last two months to assist with transition. It was never my goal to be President, and while there have been plenty of challenges, I have found the opportunity to make a contribution very rewarding. Thank you to those who have given positive feedback for the Council's efforts to revitalise the organisation and ensure it has a life in the foreseeable future. I will continue as Connect editor for the time being.

As Christmas and the end of the year draw near, I thank all those who have contributed to the successful provision of our many activities throughout the year, wish everyone a safe and happy Christmas, and send best wishes for 2023.



*Bill Eime accepting his award from Anthea Magarey*



## Supporting Retire Active SA

Retire Active has been allocated 500 tickets in the Peoples Choice Community Lottery. Please support us by purchasing a ticket. This is the only fundraising activity for which we request your support. Ticket purchases are on-line only, use the QR code below to go directly to Retire Active SA ticket allocation.

For those who do not like purchasing lottery tickets or making payments on-line, you might consider making a cash donation or direct debit donation to Retire Active



SCAN ME

<p><b>1st Prize</b></p> <p>Toyota Razer Hybrid CR RFP \$28,500</p>	<p><b>Early Bird Prize</b></p>	<p><b>2nd Prize</b></p> <p>Toyota C-HR CR Sport Hybrid RFP \$42,300</p>
<p><b>3rd Prize</b></p> <p>KiwiCo Energy Saver Panels/Security package RFP \$13,400</p>	<p><b>Buy a \$2 ticket in the People's Choice Community Lottery to support us and go into the draw to win one of 43 prizes worth over \$300,000!</b></p> <p style="font-size: small;">communitylottery.com.au</p>	



**TICKETS ARE ALSO AVAILABLE TO PURCHASE ON OUR WEBSITE**

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

## ACTIVE AGEING WEEK

This health promotion event was initiated in 2003 by the International Council on Active Ageing and set to correspond as closely as possible to 1 October, the International Day of Older Persons. It aims to showcase the capabilities of older adults as fully participating members of society in all areas of life – physical, social, spiritual, emotional, intellectual, vocational and environmental, and to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment.

As the wide range of activities enjoyed by our members every week of the year exemplify these aims, Active Ageing Week is an ideal opportunity to promote Retire Active SA. It was disappointing that none of our Groups responded to the invitation for ideas of how their Group might celebrate this week, or provided suggestions for activities to promote to the wider public. This left Council to promote and organise activities. Some of the planned activities were successful, others less so but our experience will inform planning in future years. I believe Retire Active SA should make this an annual promotion opportunity.

A small grant from Adelaide City Council enabled us to purchase outdoor banners to complement our indoor pull-up banner, print our promotional brochure, set up a booking system on our website and rent booth space in Rundle Mall. The conditions of the grant required that the activities we promoted targeted City Council residents: hence we offered two walks and two bicycle rides in the parklands, five talks in our Leigh Street office and three group activities that take place in the office. North Adelaide Village management provided booth space free of charge. A partnership with Trees for Life, as suggested by the City Council, opened new opportunities and an additional activity.

Overall 54 people (33 members, 21 non-members) participated in one or more activities in the week. Given the short notice, this is not an entirely disappointing outcome. Thirteen new members joined in October.

Thank you to those members who manned the booths over two days, were so positive in promoting Retire Active SA, welcomed non-members, and led activities. Cintia was an invaluable help in the office.



It was a hectic few weeks, but I believe it was worth the effort, and an invaluable learning exercise for future years.

I urge all Groups to mark 1 October and also 2-8 October 2023 as a week to present an event to the wider public as a promotional activity showcasing the benefits of Retire Active membership.

Some highlights from the week from Elizabeth Alvey and Marilyn Yemm:

**Historical walk:** Pat Curran did a magnificent job of guiding us along North Terrace on a history walk. Her obvious enthusiasm for history showed in the way she shared her stories and facts and an invitation for others to add their own. Pat also respectfully acknowledged that the same walk would be very different if led by a first nations leader.

**Bush care and guided nature walk:** We met Tricia Curtis (Trees for Life) at Tuthangga (Park 17) in the South Parklands, a wonderful and often forgotten breathing space for city dwellers, and others. Tricia described how this area was enjoyed and nurtured by many, both volunteers and the Adelaide City Council.

She pointed out an area that had been carefully nurtured back to its original state and how bush care then radiated out from this area. We were introduced to the very careful and safe policies of bush care and provided with instruction and tools to try it out for ourselves, selecting just one weed (plantain) on which to concentrate.

After this we enjoyed a peaceful walk in the area, stopping to enjoy the elms (still surviving, just) lining the old coach road, native plants and the bird life (so close to the city). We walked around the Victoria Park wetlands before sitting in the shade (on a beautiful sunny day) to have lunch (provided) before walking over to an area of the parkland that has been restored to its original vegetation. Thank you to the botanists from Adelaide City Council and thank you to Tricia who currently has funding to run more of these free walks ('Regenerate' in the Adelaide Park Lands); if you would like to experience this yourself, ring 8406 0500 to book or email [info@treesforlife.org.au](mailto:info@treesforlife.org.au).

**Nutrition for Older Adults** (Ashleigh from Flinders University):

Are you drinking enough water?

Six standard glasses a day are recommended.

With regard to bone health, cholesterol and other

issues associated with ageing, Ashleigh took us through the five recommended food groups, pointing out how important it is for older people to maintain healthy eating habits, including a high level of protein in our diets. She offered examples of a variety of foods for all types of diet: "Use every meal and snack as an opportunity for optimal nutrition!"

**Cycling in Park Lands** (Allan Jameson):

We met at the Weir, then Allan led us on a route that provided views of the Park Lands our group had never seen before! We rode through the West Terrace cemetery and on to Goodwood railway station, returning along the tram line to a very welcome coffee at The Velo Precinct. Refreshed, we rode on to Karrawirra Parri (Torrens River) and followed it back to the Weir. A morning of very pleasant gentle exercise in great company, thanks Allan.

Other sessions appreciated by members were a presentation titled Mental Health in a Changing World from David Moran of Mental Health Partners, and a discussion on some current research projects relevant to older people with Prof. Guy Ludbrook from the University of Adelaide.

## NEW WALKING GROUP TO START IN 2023

### TUESDAY COFFEE WALKERS

**For those who like to walk but prefer a shorter walk than Bushwalkers currently offer, this weekly group is set to start in 2023.**

**Walks will be on Tuesdays, 3 to 4 km in length and followed by a visit to a café.**

**If you are interested to join this group or for more information,**

**please contact Colleen Ingram.**

**Phone or text: 0435 267 498**

**Email: [colleen.ingram@gmail.com](mailto:colleen.ingram@gmail.com)**

# GROUP NEWS

## PLEASURE FISHING

Point Turton: 19 to 26 October 2022

This trip was Wednesday to Wednesday instead of the usual Sunday to Sunday, which made remembering what day of the week it was even more difficult than usual.

We had some pleasant warm weather to start with and then cold showery weather towards the end of the week. The fishing was quite good with gar, tommies and squid caught off the jetty, some legal-sized mullet off the breakwater, along with a lot of undersized sweep and mullet. Five brave souls went wading for gar, successfully, in the cold weather and water.

We had a pancake morning tea on Friday, lunch at the Tavern on Sunday and a barbeque on the last evening on Tuesday.



*Peter, Paul and Andy wading for gar*

**Jeanette Martin**

## CHOIR

Achord Retire Active SA Choir Group

The Achord Retire Active SA Choir is currently engaged in a recruitment drive for more members. We particularly need basses and tenors, but would welcome any voices. You just have to enjoy singing with a group and love performing. Choirs, just like sport teams, provide that chance to engage in an activity with other people, one that gives you a feeling of joy.

Our weekly practice is not only a chance to enjoy music but also to socialise, which is done before and after practice. If you would like to 'come and try', we meet on Thursday mornings at the Theosophical Society Hall, 310 South Terrace.



For more information, please contact Helen (0420 615 505).

Let me tell you about our latest performance, held at the Tea Tree Gardens Retirement Village.

We organised ourselves into sharing cars and arrived at the Village well in time to have a practice with Tommy, our Musical Director. He is a young man studying music at Adelaide University, specialising in conducting. He also sings in choirs and plays more than one musical instrument.

Tommy worked out where he wanted us all to sit. There was a stage, a piano, a music stand and a microphone, so we were all ready when the residents made their way in. As we ran through some of the programme there was a loud hum of anticipation from the audience.

We had a lively start with “76 Trombones”, followed by a formal introduction from our compere, Clare, who keeps everyone laughing between brackets. Amongst other songs, they heard a selection from “Les Misérables”, before Clare introduced the soloists. As our incredible soprano soloist, Yvonne, sang “The Holy City” some residents were dabbing their eyes, others were singing along. The drama continued with a selection from “Phantom of the Opera” and we ended with “I Still Call Australia Home.”

We had a great response from one of our largest audiences and a feeling of a “job well done”. I hope I have sparked your interest in joining us or at least making an enquiry.

**Beryl Barmada**

## GAWLER GROUP

Elizabeth Alvey attended the Gawler AGM on 19 October. On Saturday, 5 November the Group held a stall at the Gawler Village Fair at Pioneer Park, Murray Street, Gawler. A display board was created to promote the activities of the Group and brochures were handed out. Puzzles, books, plants, sewn items and assorted bric-a-brac were sold, raising \$305 for our Christmas celebration.

Overall, the event was enjoyable and satisfying and we are hoping it will attract some new members. Well done Gawler!

**Rochelle Baldock (Coordinator)**



*Elizabeth and members at the Gawler AGM*

## FLEURIEU GROUP

The Fleurieu group prides itself on its many social activities. Recent activities include a celebratory afternoon tea for the Queen including marmalade sandwiches! We had a lunch for Melbourne Cup and the ladies looked exceptionally lovely in their fascinators.



*Melbourne Cup Lunch*



*Afternoon Tea for the Queen*

Our upcoming events include a trading table with lucky dips on 29 November and our Christmas lunch and breakup at the Elliot on 19 December 2022.

**Susan Bowshall**



## CARAVAN GROUP

The Caravan Group continues to enjoy 8 trips away to different venues during the year. Disease and floods have not deterred us we just find another place to visit.



One of our rallies this year was Buronga (Mildura) with a tag-along to visit some of the silo art in north west Victoria – an interesting trip since these silos are usually in the wheat belt towns on the back roads. Apart from the artwork being amazing, some of the townspeople are very community-minded and helping to promote their part of Australia with local attractions such as “The Stick Shed’ at Murtoa and the gift/coffee shop lady at Rupanyup, who grew chickpeas.

2023 promises to be a good mix of 7-day venues starting with Port Elliot in February and ending with Nuriootpa in November. A few longer trips to Victorian country or seaside are also on the agenda, as well as shorter trips within our state.

Our members have a mix of accommodation from a tent, camper trailer, small to large caravans and some stay in cabins on site. Dogs are welcome to join in and some of our walks are based on the needs of dog owners and their pets.

We look forward to welcoming newcomers to our venues.

**Pauline Springett**

## BUSHWALKERS CLARE CAMP

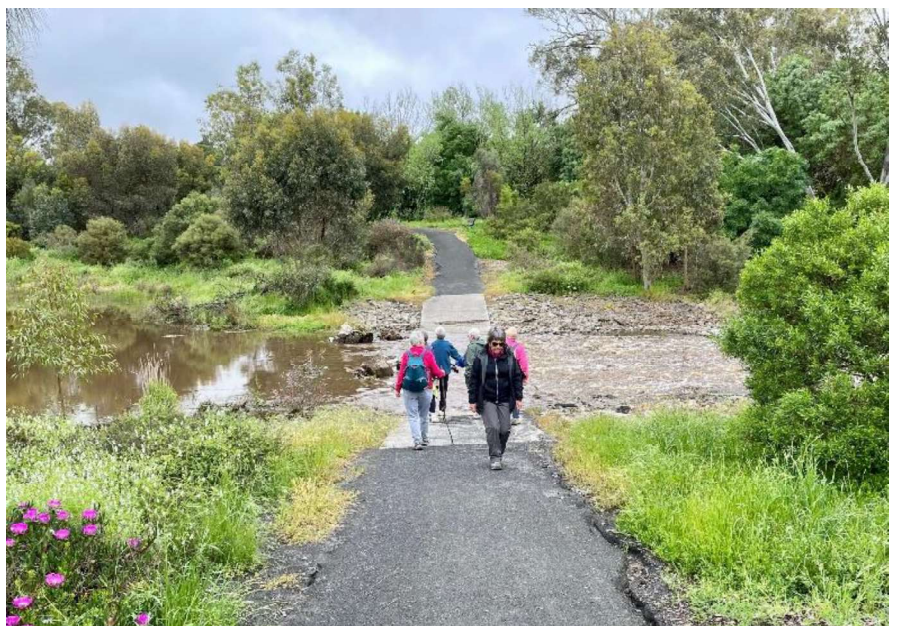
24 to the 28 October 2022

This camp was held at Clare, 33 people attending. Most were accommodated at the Clare Caravan Park.

We did four days walking, meeting on the first day to lunch together and sign relevant papers etc.

This was followed by a shortish walk around the Gleeson Wetlands. Sadly all the walks were badly affected by the flooding in creeks and over roads. There had been 13.5 inches (343mm) of rain before we arrived.

However, my brave walkers battled on and the next day we walked from the Blue Gum Lookout in Spring Gully Conservation Park to the Jeanneret Winery.





This was just a great walk since all the shrubs were in flower, as were literally hundreds of orchids. We even saw a turtle.

The next day was a walk from Paulett Winery, where the girls saw us off after making us a hot tea or coffee. This walk was mainly in the Polish Hill area where the views from the trail were beautiful.

The fourth walk had to be abandoned because of flooding, so instead we did the 6km Maggie's Farm walk. This was still very demanding with two creek crossings, but we reached the finish.

I must add that we had happy hours every night by a lovely log fire, except on the last night, when we dined in style at the Sevenhill Hotel. The hotel picked us up by bus and delivered us back to our cabins afterwards.

These brave and determined walkers should be proud of themselves because it was a really challenging camp. Thank you to my willing and patient helpers, Rose, Sheila, Brendan, Chris and Robin. Retire Active SA is keeping people young.

**Colleen Ingram**

## CYCLING

**A** group of 14 cyclists enjoyed a 5-day Fleurieu ride in September. Day 1 to Seaford. Day 2, Seaford to Normanville with a challenging track behind the Victory Hotel above Sellicks and plenty of water over the spillway of Myponga Dam.

While dry to that point it bucketed down for the last section to Normanville. Day 3 started damp, riding through undulating green fields, but later dried out for the Victor to Goolwa bike track along the coast.



Day 4, Goolwa to Strathalbyn was fine, the riding a little easier but really varied. The first section to Milang included a couple of interesting off-road diversions and two Finniss River crossings (complete with "road closed" signs); the first about 20cm deep, the second closer to 30cm and 20m wide!

After Milang, we headed for the old railway line (Narragi Conservation Reserve) which was a mass of colour (wattle mainly), and an interesting narrow track through the trees. Unfortunately, we had to lift our bikes (and ebikes are heavy!) through numerous access gates. The final day, also fine, was a long slog home with a lot of climbing.

**Bob Leatch**

## BUSHWALKERS QUORN CAMP

29 August to 6 September

Over 65 walkers attended this camp, staying at Pichi Richi Park or various accommodation in and around Quorn. The weather was fine all week, although mornings were very cold and there were strong winds at times. Three levels of walk were enjoyed (B, C and D). Four consecutive days of walking were followed by a rest day, on which many took the opportunity to travel on the Pichi Richi steam train between Quorn and Pt Augusta.



Golden Wattle, Australia's floral emblem

Two more walking days followed. The final night dinner was held at Pichi Richi Park. My overwhelming memory was the prolific *Acacia Pycnantha* (Golden Wattle, Australia's floral emblem) in full flower, solid patches of gold everywhere, but there were many other wildflowers as well.

Walks were enjoyed to the top of Devil's Peak, the summit of Mt Brown, Dutchman's Stern, Warren Gorge, Argadells and Alligator Gorge. One never tires of views of towering red cliffs, narrow gorges, distant vistas to Spencer Gulf and bushland revived by this year's good rains.

Thank you to Paula Williams for her organisation of yet another well run camp.

**Anthea Magarey**

## RETIRE ACTIVE SA H16 2022 HEYSEN TRAIL REPORT

In March 2020, ten walkers in the 60- early 70's age bracket started our 2 ½ year journey to complete the 1200 kms of South Australia's Heysen Trail, from Cape Jervis on the Fleurieu Peninsula to Parachilna Gorge in the Flinders Ranges.

We started off with day walks in and around the Adelaide Hills. We were delayed for 2 months with the Covid travel restrictions, but as soon as they eased for groups of 10 or fewer, we were off again.

As we travelled further from Adelaide, we attended a series of 'camps of 6-7 days where we would base ourselves in a central location and car pool to the start and end points to a walk. We walked 18-20 km per section; there are 61 sections on the Heysen trail. We stayed in a range of accommodations from B&B's to dongas and shearer's quarters. Our favourite: possibly the off grid dongas and hospitality at Mt Little Station.



Assembling to ascent Mt Bryan



*Finishing at Parachilna Trail*

For our efforts we were rewarded with breathtaking views, including whales breaching off Waitpinga; stunning views to Spencer Gulf from the Wirrabara Lookout with sea colours to rival the Whitsundays; a patchwork of yellow canola fields in the agricultural lands between Kapunda and Melrose, and the iconic outback red hues of the Red Range. We had many encounters with kangaroos, wallabies and emus. We walked past old stone walls and ruins of pioneer life gone by.

Completing the Heysen Trail requires a level of fitness, determination and commitment, but what an achievement and a fantastic way to see and experience some of the best SA has to offer.

**Karen Baker**

## **SOCIAL TENNIS FOR ACTIVE RETIREES**

**T**ennis West is one of two tennis groups that are part of Retire Active SA.

Keeping the body and mind active is the key to ageing well. However, at the Tennis West Group, we don't think much about that, we just get out and play tennis.

Sometimes it's tricky matching up players of various skill levels, but our key objective is to make the games as evenly matched as possible, to ensure everyone has a challenging and enjoyable game. Of course, the fact that most of us can have good days and bad days, just adds to the variety.

And in between games, tea, coffee and biscuits from the clubhouse keep the conversations flowing.



The Glenlea tennis courts, where we play, have recently added a couple of new courts, so with six courts to choose from, it is quite rare that anyone must wait long for a game. Playing on Monday and Thursday mornings from 8:30 am, all new players are welcome.

Give Lex 0418 596 196, Chris 0418 855 394 or Alison 0424 224 980 a call, and they will help with when and where to come, and welcome, and introduce you to the other players.

**Lex Brown**



Dance and Variety Group

## WANTED

THE TAPLINER & VARIETY GROUP  
ARE SEEKING EXPRESSIONS OF INTEREST FOR A  
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IMPORTANT QUALITIES OF AN EMCEE ARE:

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- Ab-Lib Skills
- The Ability to Put People at Ease

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WELCOME TO THE FOLLOWING NEW AND RETURNING MEMBERS

Judy Arudd  
Andrew Athans  
Leonardo Bigelli  
Marilyn Blyth  
Chris Boon  
Susanna Brown  
Peter & Chris Chapman  
Carol Conley  
Julie Davies  
Marian Dewitt  
Henk Fehling  
Heather Fletcher  
Rosalie Harris  
Amaya Heywood  
Julie Hocking  
Sven Hohn  
Rosalind Holder  
Christine Hunter

Colin James  
Lynette James  
Helen Jellie  
Wendy Kelly  
Denis & Beatrice Le Merre  
Roxayne Linke  
Nadine Marechal  
Filomena & Harold Mattner  
Wendy Morphett  
Robyn Pappas  
Nicholas Pill  
Odile Regnier  
Gregory Richards  
Anita & Stephanie Russell  
Madeleine Said  
Jutta Scholefield  
Dave Spark  
Peter & Maria Van Der Heiden

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

### FOR SALE

#### Mobility Walker

Large frame/heavy duty. New brakes. (Suitable to be used on Bowling Greens.) (\$200 o.n.o.) Ph: 0482 779 332

Soft irrigation vinyl tubing hose hydroponic 30-40m x 32mm \$90 o.n.o (normally \$200) Meadows area. Ph: 0482 779 332.



### U3A CHARLES STURT

Would you like to hear interesting speakers each week and make new friends? U3A Charles Sturt may be what you are looking for.

Meetings are held at Fulham Uniting Church, Madeline Crescent, Fulham.

Registration Day for 2023 is 31 January.

CONTACT: Colin Levy

TEL: 0402063994

EMAIL: [u3acharlessturt@hotmail.com](mailto:u3acharlessturt@hotmail.com)

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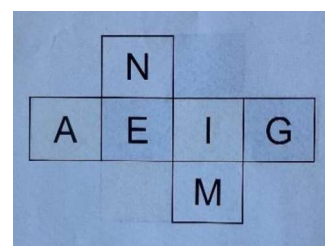
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### TRAIN THE BRAIN SEPTEMBER ANSWER

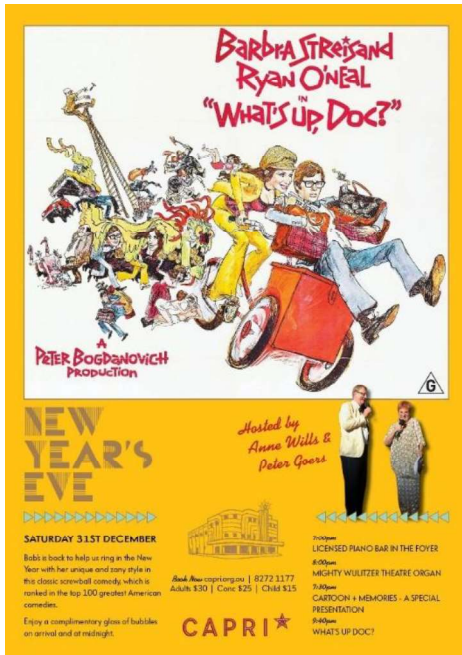


### TRAIN THE BRAIN DECEMBER ANSWER

The answer is ELEMENTARY

Use the previous letter in the alphabet

I.e. instead of F use E and so on



## CAPRI Double Pass GIVEAWAY

**What's Up, Doc? – New Year's Eve at Capri**  
**Saturday 31 December 2022 at 8:00 pm –**  
**Sunday 1 January 2023 at 12:00 am**

*Babs is back to help us ring in the New Year with her unique and zany style in this classic screwball comedy, which is ranked in the top 100 greatest American comedies.*

*What's Up, Doc? joyously recaptures the bubbly style of 1930s screwball comedies – and firmly establishes Barbra Streisand and Ryan O'Neal as a romantic duo uniquely endearing in screen history.*

*Included are a daffy luggage mixup plot, dippy dialogue exchanges, a marvellous example of the art of hotel-room demolition and one of the funniest chase sequences ever, all over San Francisco.*

*What's Up, Doc? is no idle question.  
 Among comedy movies, it's the top*

**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, 13 December**

- 7:00pm – LICENSED BAR IN THE FOYER
- 8:00pm – THE MIGHTY WURLITZER THEATRE ORGAN
- 8:15pm – WELCOME FROM WILLYS & GOERS
- 8:20pm – MEMORIES – A SPECIAL PRESENTATION
- 9:10pm – BUGS BUNNY CARTOON
- 9:15pm – ORGAN
- 9:35pm – RAFFLE DRAW
- 9:40pm – "WHAT'S UP DOC"
- 11:15pm – FILM FINISH
- Midnight – FINISH

**For any further information check our website: [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 – 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

## A BOOM IN BESPOKE FUNERALS

Alternative funeral services to truly reflect the life of the loved one - that's the demand from many South Australians planning the final farewell.

Whether it is a memorial service held on the 18<sup>th</sup> hole, planting a tree in memory of a loved one, or an intimate seaside service, bespoke funerals are a uniquely tailored ceremony with endless possibilities.



# ALFRED JAMES

*Honouring a Life*

Alfred James Funeral Directors has been providing funeral services to South Australians for 91 years and recognises the growing desire for funerals to be unique and a special celebration of life.

Managing Director, Graham James, has been involved in the business for over the last 50 years and has seen the funeral industry grow and change as generations pass.

"We are seeing more and more families wanting funerals that aptly reflect the life of their loved one," Graham said.

"These ceremonies are very intimate and we work closely with families to fulfil their wishes."

"We believe in honouring a life and bespoke funerals do just this."

"And our highly trained funeral directors are skilled at arranging funerals that fulfil the broad range of requests from our clients."

Alfred James Funeral Directors is located in Unley, Lockleys, South Plympton, Alberton, Holden Hill, Morphett Vale and Prospect. Visit [www.alfredjames.com.au](http://www.alfredjames.com.au)

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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**

**NOTE: No tours in December and January. Owing 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**

**Feb 3:** Penny Wong: passion and principle, Margaret Simons.

**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: **Monique 0431 826 605, John 0427 182 584.**

### C WALKS

#### DECEMBER 2022

**Sat 3:** Peter 0413 808 334 Jupiter Creek

**Fri 9:** Carol 0428 882 239 Knott Hill - Kuitpo Forest

**Thu 15:** Fay 8356 8456 Grange/Glenelg

**Thu 22:** Neil 0429 773 800 Hallett Cove

**Wed 28:** Kerry 0410 194 585 Mt Barker - Littlehampton

#### JANUARY 2023

**Tue 3:** Brian 0478 293 500 Para Wirra CP.

**Mon 9:** Carmel 0422 606 717 Windsor Gardens to Klemzig

**Tue 17:** Jennifer 0406 021 977 Cleland CP

**Mon 23:** Bruce 0490 833 282 Athelstone - Highbury Loop

### D WALKS

#### DECEMBER 2022

**Sun 4:** Maureen 0420 869 538 Parklands

**Sat 10:** Rose 0477 839 880 North Haven

**Wed 14:** Colleen 0435 267 498 North Adelaide

**Fri 23:** Jean 0403 660 869 Seaford

**Fri 30:** Jennifer 8276 6484 Glen Osmond Creek

#### JANUARY 2023

**Thu 5:** Rose 0477 839 880 Ethelton to West Lakes

**Wed 11:** Liz 8352 1636 Torrens to East

**Thu 19:** Maureen 0420 869 538 Marino Rocks to Brighton

**Tue 24:** Elizabeth 8294 5805 Fulham Gardens to Grange

**Mon 30:** Aileen 0417 297 810 Sturt Gorge

### CARAVAN GROUP

**Feb 10 -17:** Port Elliot SA. BIG4 Breeze Holiday Parks - Port Elliot 5212 Tel: (08) 8554 2134. Cut-off date Jan 10.

**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.

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**

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

## CYCLING (continued)

**7 Dec:** Blackwood back to city. Jo  
**0432 429 922**

**14, 28 Dec:** Decide on the day TLK

**21 Dec:** Ride to Chrissy lunch

**4 Jan:** Anstey's Hill. Grant **0487 010 995**

**11, 25 Jan:** Decide on the day. TLK.

**1 Feb:** Up Dry Creek (Don)

**8 Feb:** Decide on the day. TLK

**15 Feb:** Southern Suburbs Circuit (Dean). Meet Hallett Cove Station.

## 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 on 1<sup>st</sup> and 15<sup>th</sup> Dec then fortnightly from 9 Feb. Enquiries: Riet **0459 023 632**

## FOUR WHEEL DRIVE

For general information about the 4WD Group, contact Coordinator Julia : [bjgazz052@gmail.com](mailto:bjgazz052@gmail.com) or **0497 009 129**  
See also our webpage:  
<https://rijbothwixsite.com/arpa4wd-group>.

First **2023** event.

**Thur 9 Feb:** Mystery trip.

More information will be circulated to 4WD members by email, otherwise contact Julia as per above 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. If tour call is not answered, please leave a message with your name and number. Start time is 12:30 unless otherwise indicated.

**Fri 13 Jan 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)

**Tues 14 Feb:** Peninsula Hotel, 481 Victoria Rd, Taperoo. Funky décor. Seniors get 20% off Mains, Classic and Pizza menus. **Host: Val 0400 225 465.** Please leave a message with name and number if call not answered.

**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.

**Mon 17 April:** Cinnamon Club, 211a The Parade Norwood. Indian cuisine. They offer a lunch special which 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.

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: Lex Brown: 0418 596 196.**

## 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.**