

Newsletter

CAMPBELLTOWN U3A INC.
Supported by Campbelltown City Council

No 64 | December 2019

Office Hours: 9:15 – 11:15 am Wednesday and Thursday (NOT DURING SCHOOL HOLIDAYS)
Office Location: Marchant Community Centre, 338 Gorge Road Athelstone. SA 5076 (Bus 178 Stop 35)
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From the President



Hi everyone

It has been another busy and successful year with members enjoying the variety of classes on offer and the interesting outings. The 2020 Prospectus will be out very soon, along with this Term 4 Newsletter. Please avail yourself of the opportunity to check out what classes, groups and outings are on offer for next year, complete the enrolment form and submit it along with your membership fees before the end of the term.

At our last General Meeting we heard about the Royal Flying Doctor Service – the statistics are remarkable and there is no doubt that everyone who lives in or visits Australia could find themselves a “customer” – yes, even if it is just a Sunday drive to Kadina. Please make a note of their emergency number: **1800 RFDS SA (1800 733 772)** and take a peek at their website <https://www.flyingdoctor.org.au/> where you can learn much more – and even track their planes in flight.

Finally, I take this opportunity of thanking everyone for your commitment to U3A Campbelltown SA and for the assistance you have given me since assuming the office of President. I appreciate it.

Although it seems far too soon, I wish you all well for a safe and happy Christmas and New Year.

Glenda

Glenda Sherwin-Lane
President U3A Campbelltown Inc



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We appreciate the support provided by the office of John Gardner MP, Member for Morialta, for the printing of this Newsletter.

2020 Enrolment Procedures

Please note that ALL classes are declared vacant at the end of the year.

Membership fees remain unchanged for 2020 - \$50 per single, \$90 per couple.

Apart from the leader/tutor, no-one will be added to a 2020 class or group until the membership fee is paid.

Commencement date for 2020 enrolments is **from the publication of the Term 4 2019 newsletter.**

Place your enrolment form and any money in a sealed envelope and hand in at the Office or put it in the box outside the Office door by **Thursday, 12 December**. You may also pay by Direct Credit (see instructions in the Prospectus or on the enrolment form), but you need to make sure we also get the enrolment form.

A number of classes have limited spaces and will fill quite quickly. We will number the forms as we receive them and deal with the enrolments in that order. During January, the mail box will be cleared and envelopes numbered.

There will be no Enrolment Day in January 2020, but late enrolments can be submitted in person on **Wednesday, 22 and Thursday, 23 January from 9:15 to 11:15 am.**

As per last year, we are requesting every member call into the Marchant Centre and collect their printouts, receipts and name badge (if requested) on **Wednesday, 29 or Thursday, 30 January from 9:15 to 11:15 am.** You will also be able to collect a new "shopping bag" and book mark if you would like one.

Term 1 commences on Monday, 3 February (the week after state schools).

Diary Dates



end November/beginning December – 2020 Enrolments Commence

Friday, 6 December – Christmas Lunch at the Payneham Bowling Club, 12:00 noon – 3:30 pm

Friday, 14 December – Term 4 Concludes

Wednesday and Thursday, 22 and 23 January – Late Enrolments, 9:15 – 11:15 am

Wednesday and Thursday, 29 and 30 January – Collect printouts, receipts, badges, 9:15 – 11:15 am

Monday, 3 February – Term 1 2020 Commences

Fridays, 21 February and 3 April – Outings

Friday, 6 March – 2020 Annual General Meeting, 2:00 – 4:00 pm

Friday, 13 March – Strategic Planning Day, 2:00 - 4:00 pm

Term Dates for 2020

Term 1: Monday, 3 February – Friday, 9 April

(NOTE - U3A term starts 2nd week of first school term)

(Easter: 10 to 13 April; School holidays: 10 to 26 April.)

Term 2: Monday, 27 April – Friday, 3 July

(School holidays: 4 to 19 July)

Term 3: Monday, 20 July – Friday, 25 September

(School holidays: 26 September to 11 October)

Term 4: Monday, 12 October – Friday, 11 December

(School holidays: 12 December to 31 January)



**REMEMBER TO JOIN OUR FACEBOOK GROUP TO GET ALL THE LATEST NEWS
SEARCH: U3A CAMPBELLTOWN**

Class News

New Classes for 2020

- Circle Dancing
- Masterpieces of Western Art
- Music Keyboard and Other Instruments (Replaces Music Keyboarding)
- Musical Explorations
- Rummikub and More (replaces Things Rummy)

Returning Classes for 2020

- Card Making
- Getting the Most from your iPad
- Travelling with Confidence
- Using Digital Photos

CHECK OUT DETAILS REGARDING THE ABOVE IN THE PROSPECTUS!

Farewell Leadlighting

Due to the ill health of both the leaders of Lead Lighting, Bruce Howland and Peter Belanich, this class will not be running in 2020. We thank both Bruce and Peter for their many years of service conducting these classes for U3A and wish them both all the best for the future.

Qigong Shibashi

Qigong (pronounced Chi-Gong) is the ancient art of longevity developed over 6000 years ago in China. Qi (Chi) is the energy of the body that travels through the network of meridians and connects with the energy of the universe. When we have a blockage of Qi or the pathway is disturbed this can cause sickness (both physical and emotional). Qigong is a conscious practice where each individual takes personal responsibility to balance and harmonize their vital energy – reducing stress, increasing health and vitality, as well as developing spiritual perception and awareness.

The art of Qigong consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. There are thousands of different styles and systems either done standing, moving, walking, sitting or lying down.

U3A Qigong Shibashi class follow three of Simon Blow's DVDs. One DVD is **The Art of Life** – involving gentle flowing and stretching movements and postures to help harmonise the mind, body and breath as well as increasing strength and flexibility of the body.

The next DVD - **Absorbing the Essence** – is a set of flowing movements done in a sitting position which strengthen the energy around the body and stimulate the entire meridian system.

The third DVD – **Restoring Natural Harmony** - is a set of self-healing exercises which work on different organ meridian systems of the body – Spleen, Lungs, Kidney, Liver and Heart –helping to bring harmony to mind, body and spirit.

(The above information is taken from Simon Blow's website – www.simonblowqigoong.com.)

Opportunities for Second Classes

Something to think about: just because there is already a group playing mah-jong, or scrabble, or bridge, or whatever, it does not mean we could not run a second group, especially if you are willing to run it, and it does not need the smart tv, and if we have the space. The back room is largely unused and is a nice place now it has been painted. And we have backgammon, chess, mah-jong, scrabble, bridge sets all in the office cupboard.

TRAVEL WITH U3A IN 2020



U3A Campbelltown's Vice-President Imme Penttila and Tutor Marie Galletta are looking for fellow travellers to join them on Holland America's Best of the Mediterranean Cruise in 2020. The Nieuw Statendam departs on a round trip cruise of 20 nights from 25 September to 15 October from Civitavecchia (Rome) to Croatia, Greece, Turkey, Italy, Gibraltar, Spain, France, Monaco and back to Italy. Twin share cabins cost from \$4,959 (internal) to suites at \$9,259. If interested, please contact Marie on 8365 4554 or 0402 102 755 or email: magalletta@optusnet.com.au

New Letter Box

Check out our new letter box located on the outer wall of the office.



Leaders Meeting

Leaders are requested to meet with the President, Glenda Sherwin-Lane, and Curriculum Manager, Kerrie Smith, at the Marchant Community Centre at 10:00 am on Thursday 30 January for a familiarisation meeting and an opportunity to meet with other leaders. Morning tea will be provided.

Free e book on Health for Members

Dr Roger Smith from Melbourne has made available free to U3A members his book on personal health: "Take A Simple Drive to a Healthier Life". This book is aimed at helping people to improve their health and understanding of some basic health issues. This book can be downloaded from his health website: thesimpledoctor.info

Timewise Traveller

This resource has been adopted by U3A UK. It is a history of people and world events for the period 1066-1901 and is available free on the internet: www.timewisetraveller.co.uk. It includes not only political history but also the development of all the major disciplines, such as the Visual Arts, Music, Medicine, Literature and the Sciences.

U3ASA Annual General Meeting

The U3ASA AGM was held on Friday, 12 October, at Tea Tree Gully U3A, and attended by delegates from 14 affiliated U3As with apologies from others. The following officers were elected:

President: Kerrie Smith (Campbelltown)

Vice President: Marjolijn Haraghey (Adelaide Hills)

Secretary: Claire Eglinton (Lower North)

Treasurer: Katarina Spudic (Campbelltown)

Each affiliated U3A pays annual fees to U3ASA based on their end of year membership numbers. This pays running costs and helps cover Public Liability Insurance, Copyright Licence, and Volunteers Insurance for all U3As. This fee has been set at \$1.50 per head for the financial year 2019-2020. Delegates from the affiliated U3As meet three times a year: in 2020 meetings will be held Fridays 24 April, 17 July, and 9 October.

U3A Adelaide Hills Rendezvous

This year's rendezvous was held from 22-24 October and was attended by Kerrie Smith, Vale Pederson, Anne Bovington, Marie Galletta and Bob Smith. The programme provided a number of interesting sessions, so our members spread themselves widely and attended the Mah-jong Muster, Circle Dancing, Wine Tasting, Family History, Tickle Tank, Sophie's Garden, Games of Strategy, and the Blues, just to name a few. Dinners were provided both nights with guest speaker, Michael Keenan, on the second one. It was lovely get-away for just a couple of days and a chance to meet with fellow U3A members from across the state.

Save the Dates!!

Christmas Lunch 2019



Our breakup for the year will again be held at the Payneham Bowling Club, 402 Payneham Road, Glynde, on **Friday 6 December** from 12:00 noon to 3:30 pm. There will be a BBQ lunch with dessert followed by an afternoon to try or practise your bowling - bowls supplied. We will also bring indoor games: scrabble, mah-jong, backgammon, bridge, etc for those who would prefer to be indoors.
Cost \$26.

Strategic Planning Day

Our current three-year Strategic Plan is due to expire at the next Annual General Meeting. Consequently, we have organised a planning day on **Friday 13 March 2020** from 2:00 – 4:00 pm. That plan will then operate from 2020 – 2023. Please make a note in your diary to come along and have your say about the future direction of U3A Campbelltown SA.

Annual General Meeting – Term 1, 2020

Friday, 6 March, Annual General Meeting, 2:00 – 4:00 pm.

Reports and election of officers to the Board will be followed by a talk by Sandra Ullrich from the Adelaide Bee Sanctuary. Sandra will speak about the Sanctuary with regard to providing a safe haven for bees while promoting the principles of urban bee keeping. She will bring with her some bee related products to look at or purchase if desired.



The Annual Report will be available from our website one month before the meeting.

Please consider nominating to become part of the Board. A nomination form is available at the Office or within the Prospectus.

Attendees are requested to bring a small plate of afternoon tea.

GENERAL MEETINGS & GUEST PRESENTERS

Meetings in 2020 will generally be arranged for a 2:00 pm start. Members are requested to bring a small plate of afternoon tea to share.

If you have a suggestion for a guest presenter, please give the details to the Office.

WATCH FUTURE NEWSLETTERS & WEBSITE FOR DETAILS

Outings for Terms 1 & 2 2020

The following outings are available for Terms 1 and 2:

ABC Collinswood Tour	Friday 21 February 2020, 10:15 am for 10:30 start
Jam Factory	Friday 3 April 2020, 10:15 am for 10:30 start
The Adelaide Koala and Wildlife Hospital	Friday, 15 May 2020, 10.45 am for 11:00 am start
RAA – Then and Now Tour	Friday, 12 June 2020, 9:45 am for 10:00 am start

Full details regarding the above are available in the 2020 Prospectus and further information about other outings for 2020 will be available in future newsletters next year.

OUT AND ABOUT



Left: The Walking Group enjoyed a well-earned coffee and cake after their walk!

Right: The History Group enjoyed morning tea at the CWA.



U3A members who enjoyed the very interesting talk by the Royal Flying Doctor Service at the recent General Meeting.



Thanks to Ros Reddaway for organising the outing to Beltana House Gallery on Friday, 25 October, to meet exuberant textile artist Cheryl Bridgart and view her vibrant, colourful collection of artworks, ranging from embroidered

clothing to framed pictures. One of the highlights was seeing Cheryl working a free-hand design at her quilter's sewing machine and enjoying morning tea around the beautiful table she had decorated with animal images. This delightful outing concluded with a delicious lunch at the nearby General Havelock Hotel.





In September this year three students from Marie’s French for Travellers class (Anita, Gail and Suzanne) joined Marie and Vale Pederson on an overseas trip which included a two weeks’ Backroads tour of Scotland, followed by two weeks in France. We visited Paris, went on a week’s river cruise on the Seine Princess from Paris to Honfleur, and then spent a relaxing week in the Dordogne area of central France at the Domaine des Faures near Monpazier. This delightful property is run by Ray and Jacinta Standen who offer French garden tours during the months of May and September, while operating as a B&B the rest of the year.



A marvellous time was had by all as we enjoyed soaking up the cultural atmosphere, viewing exquisite sights (many off the beaten track) and tasting the gastronomic delights. The girls pictured in the town of Bergerac with the statue of Cyrano de Bergerac behind them, at the Château of Malmaison where Empress Josephine and Napoleon Bonaparte used to live, and having lunch al fresco in the grounds of the Château of Marqueyssac.

If you would like information about the French gardens tour and accommodation at the Domaine des Faures, please contact Marie Galletta on 8365 4554 or 0402 102 755 or email:

magalletta@optusnet.com.au

The Craft and Chat group have been busy since last term getting the U3A Christmas Tree ready for the annual Athelstone Uniting Church’s Christmas Tree Festival which will be held at the Church: 33 Fox Avenue, Athelstone. Over 60 trees will be on display during the following times:

Friday, 29 November	2:00 pm – 9:00 pm
Saturday, 30 November	10:00 am – 4:00 pm
Sunday, 1 December	11:00 am – 4:00 pm

Entry: Adults – donation, children – free.



U3A CLASSES, GROUPS and OUTINGS 2020, Term 1

Further information on courses, content and leaders can be found in the **2020 Prospectus** and **Newsletters** which are available from our Website <http://www.u3acampbelltownsa.org.au> Unless otherwise stated, activities listed are weekly during term time only. We operate out of the Marchant Community Centre, 338 Gorge Rd., Athelstone (Bus Stop 35)

Note: No need to enrol for General Meetings but please put them in your diary.

No classes or groups on Public Holidays or during school holidays.

DAY	TIME	Classes & Groups	LOCATION
Monday am	9:15-10:15	QiGong Shibashi	Marchant C.C./Middle Room
Every Monday	10:00-12:00	Social Bridge	Marchant C.C./Front Room
2 nd Monday	10:30-11:30	Writing Group	Marchant C.C./Middle Room
4 th Monday	Mornings	Film Go-ers	Palace Nova, Rundle Street
Monday pm	1:00-3:00	Sketching, Watercolour & Acrylic Painting	Marchant C.C./Back Room
Every Monday	1:30-3:30	Chess	Marchant C.C./Front Room
Every Monday	12:00-1:30	Italian for Beginners	Marchant C.C./Middle Room
Monday tba	1:30-3:30	Gardening Snip & Swap . N.B. once a term	Venue tba
Every Monday	2:00-3:30	Italian for Travellers (Continuing)	Marchant C.C./Middle Room
1 st Monday	1:30-3:30	Reading for Pleasure	Campbelltown Library
Tuesday am	10:00-11:00	Yoga 1	Lutheran Homes Hall Glynde
Every Tuesday	11:15-12:15	Yoga 2	Lutheran Homes Hall Glynde
1 st , 3 rd , 5 th Tues	10:00-12:00	Backgammon	Marchant C.C./Back Room
5 & 18 Feb, 3 Mar	10:30-12:00	Getting the Most from Your iPad	Marchant C.C./Front Room
4 th Tuesday	9:30-12:00	Photo-Shoots	Various Venues
Tuesday pm			
4 Feb for 9 weeks	1:30-3:30	Travelling with Confidence	Marchant C.C./Middle Room
Every Tuesday	12:30-1:30	Tai Chi (Beginners)	Lutheran Homes Hall Glynde
Every Tuesday	1:30-2:30	Tai Chi (Continuing)	Lutheran Homes Hall Glynde
1 st Tuesday	2:00-4:00	Crime Fiction Readers	Marchant C.C./Front Room
2 nd Tuesday	2:00-4:00	Coffee & Conversation about Books	Marchant C.C./Front Room
3 rd Tuesday	1:30-3:30	Rummikub and More	Marchant C.C./ Front Room
4 th Tuesday	2:00-4:00	Armchair Travellers	Marchant C.C./Front Room
31 March, 30 June	1:30-3:30	Sudoku Workshop	Marchant C.C./Front Room
Wednesday am	9:30-11:30	Scrabble	Marchant C.C./Front Room
Every Wednesday	10:00-11:30	Circle Dancing	Marchant C.C./Back Room
19 Feb- 1 April	10:00-12:00	Card Making N.B. Fortnightly	Marchant C.C./Middle Room
Wednesday pm	1:30-3:30	Mah Jong	Marchant C.C./Front Room
11 March-8 April	1:30-3:00	Masterpieces of Western Art	Marchant C.C./Middle Room
Wed Evening	7:30-9:30	Music through the Ages	Marchant C.C./Front Room
Thursday am	9:30-11:00	Computing for Advanced Users	Marchant C.C./Front Room
Every Thursday	9:30-10:15	Bone Density Exercises	Marchant C.C./Middle Room
Every Thursday	10:15-11:15	Balance & Bones Exercises	Marchant C.C./Middle Room
Every Thursday	11:20-12:30	Australian History Stories	Marchant C.C./Middle Room
Thursday pm	1:30-3:00	Craft & Chat	Marchant C.C./Front Room
Every Thursday	1:15-3:15	Keyboard and Other Instruments	Marchant C.C./Back Room
Every Thursday	1:30-3:30	Calligraphy	Marchant C.C./Front Room
Every Thursday	2:00-3:30	French for Travellers	Marchant C.C./Middle Room
2 nd Thursday	4:30-7:00	Video Viewers	Marchant C.C./Front Room
Fridays	10:00-12:00	Musical Explorations	Marchant C.C./Middle Room
2 nd & 4 th Fridays	9:30-11:30	Walking Group	Meets at Paradise Interchange
Fri 21 Feb	Meet 10:15	OUTING 1: ABC Collinswood Tour	Meet 85 North East Rd, Reception
Fri 3 April	Meet 10:15	OUTING 2: Jam Factory	Meet 19 Morphett St., Adelaide
Fri 28 Feb, 3 April	1:30-4:00	Play Reading	Marchant C.C./Middle Room
Fri 15 May	Meet 10:45	OUTING 3: Adelaide Koala and Wildlife Hospital	Meet 282 Anzac Hwy Plympton
Fri 12 June	Meet 9.45	OUTING 4: RAA – Then and Now Tour	Meet 101 Richmond Rd., Mile End
Wed 22 Jan/Thurs 23 Jan Last Minute Enrolments 9:15 to 11:15 am			Marchant C.C./Front Room
Wed 29 Jan/Thurs 30 Jan Collect enrolment printouts etc 9:15 to 11:15 am – ALL MEMBERS			Marchant C.C./Front Room
Leaders Meeting & Morning Tea Thurs 30 Jan from 10:00 am			Marchant C.C./Middle Room
BOARD MEETINGS Fridays 7 Feb, 20 Mar, 8 May, 24 Jul, 18 Sep, 13 Nov 2:00 to 4:00 pm			Marchant C.C./Middle Room
General Meetings scheduled: Fridays T2, T3, T4, 2:00 to 3:30 pm – dates tba			Marchant Middle & Back Rooms
Term 1 commences Monday 3 February – concludes Friday 9 April			
Office open Wednesdays and Thursdays 9:15 to 11:15 am			
2020 AGM, Friday 6 March, 2:00 to 4:00 pm			Marchant Front & Back Rooms
Strategic Planning Day, Friday 13 March 2020 2:00 to 4:00 pm			Marchant Middle & Back Rooms