

Newsletter

CAMPBELLTOWN U3A INC.
Supported by Campbelltown City Council

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Office Hours: 9.15 – 11.15 am Wednesday and Thursday; 1.30 – 3.00 pm 1st and 3rd Thursdays
(NOT DURING SCHOOL HOLIDAYS)
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From the President



It has certainly been an eventful start to our year and I am finding it difficult to realise that almost a quarter of it has passed by already.

Thank you to everyone who attended the recent Annual General Meeting. There was a real buzz in the air – and lots of laughs thanks to our Guest Speaker Sandra Ullrich. The new Board of Management is listed on Page 2 of this newsletter and I thank everyone who has committed to being a part of the well-being of U3A Campbelltown SA. My special thanks to Ann Richardson for her fiscal management over the last three years. I am delighted Ann will continue on the Board and welcome Paddy McKay as our Treasurer. The 2020 Annual Report has been uploaded to our website under Board of Management.

A number of members gathered very recently to have a look at our current Strategic Plan and see how this may be improved, if necessary. As soon as we have it whipped into shape we will distribute it to all members for you to check it out and give us some feedback. We will include some measures regarding the coronavirus.

Thank you to everyone who has contributed to this newsletter and to Diane Campbell for her excellent work at editing and publishing it. Yes, we are bursting at the seams, necessitating the changes in meeting rooms.

I think enough has been said by me about COVID-19 for the moment. Your Board will continue to monitor the situation and make decisions with everyone's best interests at heart. I am aware there has already been cancellation of some outings – simply because the venue itself has decided to cancel. Everyone affected by these happenings will be notified in plenty of time.

So, I encourage you all to practise safe and responsible hand hygiene and avoid too-close contact. Thereafter, cherish every day, value the life we enjoy through U3A Campbelltown SA and stay active mentally, physically and socially as much as you can.

Take care,

Glenda Sherwin-Lane
President U3A Campbelltown Inc

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Annual General Meeting

The U3A AGM was very well attended on Friday 6 March and the following were elected for 2020:

President: Glenda Sherwin-Lane
Treasurer: Paddy McKay

Secretary: Graziella Rosmini
Curriculum Manager: Kerrie Smith

Board Members

Bob Smith
Helen Ward, Guest Speakers
Jan Ness
Anthony Gardner

Marie Galletta
Ros Reddaway, Outings
Ann Richardson
Lynette Geracitano, Office Manager

Others:

Imme Penttila, Public Officer
Diane Campbell, Newsletter Editor

Alan Clark, Auditor

Glenda Sherwin-Lane thanked the following members:

- Ann Richardson – retiring from the position of Treasurer after three years of service
- Bruce Howland and Peter Belanic – retiring Leadlight Group Leaders who dedicated eight years of service to the group members
- Hon Jill Whittaker – the Returning Officer for the day and conducting the Election of the 2020 Board of Management.

Guest speaker on the day was Sandra Ullrich from the Adelaide Bee Sanctuary. Sandra spoke about the Sanctuary providing a safe haven for bees while promoting good urban bee keeping practices. The meeting was followed by a shared afternoon tea.

General News

CORONAVIRUS AND U3A CAMPBELLTOWN

At the recent Annual General Meeting, it was agreed that we need to take sensible precautions to alleviate the risk of the spread of coronavirus at U3A Campbelltown SA. The following are some of ideas to be adopted:



1. All members to bring their own coffee/teacups/mugs and spoon (if relevant) and take them home each time attending a class or group.
2. All coffee/tea mugs to be removed from the kitchen –we will still provide coffee, tea, milk and sugar
3. All tea towels to be removed from the kitchen
4. Paper towel in the kitchen to be used instead and discarded safely in the bin provided
5. U3A Campbelltown will source and purchase a supply of disposal cups – we will endeavour to find something that can go in the “green” bin.
6. A fundamental principal is good hand hygiene – before preparing food, after using the bathroom, for example.
7. As with last year, please help to abate the risk by staying home if you start developing cold or flu symptoms. Contact your doctor if needed.
8. Contact your medical practice to arrange your flu shot as soon as is practicable.

There is much being discussed in the press and it is true that U3A members are in a vulnerable demographic – our age and many of us travel overseas. However, we believe that with simple precautions we can obviate the necessity to close the centre. The most important charter for the Board and Management is to not create a sense of panic. If you are looking for some non-sensationalist information about the coronavirus, check out the following ABC link:

<https://www.abc.net.au/news/story-streams/coronavirus/>

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

Class News

The following classes are full:

Balance and Bones Exercises
Computing for Advanced Users
French for Travellers
Mah Jong
Reading for Pleasure

Bone Density
Craft & Chat
Gardening Snip & Swap
Play Reading
Yoga 1

Coffee & Conversation & Books
Daily Moves: Science for Strength
Italian for Beginners
QiGong Shibashi



YOGA 2

This class will now continue uninterrupted in Terms 2 and 3 as Marg Tolcay has volunteered to take the class while Mahima is away. **Participants should check with the Office to ensure they have been enrolled for all terms.**

PLAY READING

The Play Readers travelled to the Holden Street Theatres Hindmarsh to see "The Nights" by Henry Naylor on a balmy summer's Sunday evening during the Fringe Festival. It is a strong play about the impact of the war in Iraq and ISIS on society. The confronting plot, incisive writing and strong performances of the actors was a sharp contrast to the fine conditions for the group in sunny Adelaide.

NOTE: The dates for Term 2 are Fridays, 1 May and 19 June.

DAILY MOVES: SCIENCE OF STRENGTH – BOOKED OUT WITHIN HOURS!!

Thursdays commencing 12 March until the end of Term 2, 9:30 – 10:30 am OR 10:30 – 11:30 am, Back Room

New graduates and current students of Exercise and Sports Science are conducting an evidence-based group fitness class focussing on building strength. Strength training has a wide range of positive effects including improving our ability to do everyday tasks, preventing bone density decline, boosting cognitive function, improving balance and posture and an effective pain management strategy. This class is offered free to U3A members as part of the Daily Moves Program.

CLASS TIME CHANGES:

SKETCHING, WATERCOLOUR AND ACRYLIC PAINTING: Now being held on Mondays, 12:30 – 3:00 pm, Back Room.

SOCIAL BRIDGE: Now being held on Mondays, 9:30 – 11:30 am, Middle Room.

BURSTING AT THE SEAMS = CLASS LOCATION CHANGES:

Bumper enrolments have meant that a number of our classes needed to swap places:

Qi Gong Shibashi is now in the front room on Mondays 9:15 – 10:15 am.

Scrabble is in the back room on Wednesdays 9:30 – 11:30 am.

Circle Dancing is in the front room on Wednesdays 10:00 – 11:30 am.

Bone Density is in the front room on Thursdays 9:30 - 10:15 am.

Computing for Advanced Users is in the middle room on Thursdays 9:30 - 11:00 am.

Balance & Bones Exercises is in the front room on Thursdays 10:15 - 11:15 am.

One of the effects has been that access to the Office, toilets and kitchen on Thursdays is only from the door on the Gorge Rd, not from the car park. Thank you for your understanding as we deal with our "growing pains"!



NEW CLASSES - TERM 2

APPLE MAC COMPUTER CLASS

Tutor: Dennis Ryan, Tuesdays, 1:00 to 2:15 pm, Middle Room

Are you an Apple Mac user and would like to get the most from your Mac device? Dennis is a long-time Apple Mac user and he will help you become familiar with the Mac Operating System (OS) and word processing applications. Participants must bring their own laptop for this class.



iPAD USERS GROUP

Convenor: Kerrie Smith, Wednesdays, 6 May and 3 June, 9:30 – 11:00 am, Middle Room

This group is meant for both new and experienced users, those who have their iPad and those who have yet to buy one. We have 5 iPads available for community use. Together we will explore Apps and share experiences.

USING DIGITAL PHOTOS

Convenor: Kerrie Smith, Wednesdays, 13, 20 and 27 May, 9:30 – 11:30 am, Middle Room

PLEASE NOTE CHANGE OF DATES FROM PROSPECTUS

These classes will help you get started in making photo albums and other objects that use digital photos. You will see a number of examples, and also pick up information on what is available for you to use. This course may be extended by negotiation.

NEW CLASS - TERM 3

GETTING THE MOST FROM YOUR ANDROID SMARTPHONE:

Leader: Robin Baxter, 3 Workshops: 21 July, 4 & 18 August, 10:30 am – 12:00 noon, Front Room

This workshop will be based on the Samsung phone but will be applicable to most android phones. Participants are required to bring their Android Phone. A full syllabus will be sent to all participants.



Miscellaneous

RAA YEARS AHEAD PROGRAM AT THE CAMPBELLTOWN LIBRARY – FREE EVENTS!

The Years Ahead programs are specifically tailored for an older audience and covers topics such as road rules, mobility choices and lifestyle. Even if you have been driving for years, it does not hurt to brush up on your skills and knowledge from time to time.

On Wednesday, 1 April, from 12:30 to 1:30 pm, the RAA will conduct Mobility Matters which focuses on the transition away from driving, whether you are thinking about reducing the amount of time you spend behind the wheel or stopping altogether. It looks at transport options, including motorised mobility devices (both motorised wheelchairs and mobility scooters). This session covers:

- the impacts of health on driving
- driving alternatives
- motorised mobility devices, including what to consider and how to choose the right one
- legal responsibilities
- road service.

On Wednesday, 29 April and Monday, 25 May, from 12:30 to 1:30 pm RAA presents Road Safety as it believes all drivers should continue to drive for as long as they are safe to do so. The presentation covers:

- road safety tips for drivers and pedestrians
- road rules
- the importance of choosing a safe vehicle
- the importance of being fit to drive
- the impact of health and medications on driving
- how to assess your own driving ability
- how to plan for future mobility.

Where: Campbelltown Library meeting room

Cost: Free - Bookings essential via the Library desk or [Eventbrite](#)



Thank you to the following members who assisted with the processing of enrolments in January:

Lynette Geracitano, Kerrie Smith, Anne Bovington, Ann Richardson, Ros Reddaway, Cindy Sun, Imme Penttila, Rosa Ciaravolo, Marie Galletta, Jan Ness, Paddy McKay and Glenda Sherwin-Lane.

Diary Dates



Board Meeting: Fridays 8 May, 24 July, 18 September, 13 November, 2:00 – 4:00 pm

General Meetings: Fridays 1 May, 21 August, 2:00 – 3:30 pm

Outings: 3 April, 15 May, 12 June

General Meetings – Terms 2 and 3 2020

TERM 2



Friday, 1 May, Guest Speaker: Tegan Hack, Spring Gully Goods, 2:00 – 3:30 pm

Tegan will talk about the company and its long, interesting, and sometimes challenging years of operation in South Australia and her connection with the business. She will also bring some produce to purchase should you wish.

Please bring a small plate of afternoon tea to share.

TERM 3

Friday, 21 August, Guest Speaker: Blooms Hearing Specialists, 2:00 – 3:30 pm

Two Audiologists will attend, one will talk about hearing followed by them both doing a screening of members who wish to participate. There is no cost to members.

Please bring a small plate of afternoon tea to share.



Outings for Terms 1 and 2 2020

PLEASE NOTE THE OUTINGS TO THE JAM FACTORY AND THE ADELAIDE KOALA AND WILDLIFE HOSPITAL ARE FULL – INFORMATION IS PROVIDED BELOW FOR THOSE ALREADY ENROLLED.

Term 1

JAM FACTORY – NB THIS OUTING IS FULL



When: Friday 3 April 2020

Time: 10:15 for a 10:30 start

Maximum: 20

Where: 19 Morphett Street, Adelaide. The North Tce tram stops near Morphett Street
Meet: Just inside the Jam Factory

Cost: \$4.00

This tour takes you through each of the four Jam Factory Studios: Glass via the independent viewing platform, Furniture, Ceramics and Metal and past ten independent studios, finishing in the gallery. Covered footwear must be worn in all studio work spaces.

Lunch: tba

CANCELLED BY JAM FACTORY

Term 2

THE ADELAIDE KOALA AND WILDLIFE HOSPITAL – NB THIS OUTING IS FULL

When: Friday 15 May 2020

Time: 10:45 for a 11:00 am start

Maximum: 25

Where: 282 Anzac Highway, Plympton

Meet: Inside the hospital

Cost: \$5.00

This hospital began as the dream of passionate people who wanted a better outcome for the wildlife of this state. Koalas, possums, wombats, echidnas and many other species of wildlife have suffered from car strikes, dog attacks, and most of all from human intervention.

Lunch: Highway Inn Hotel, 290 Anzac Highway, Plympton



**Adelaide
Koala & Wildlife
Hospita+al**

RAA – THEN AND NOW TOUR



When: Friday 12 June 2020

Time: 9:45 for a 10:00 am start

Maximum: 20

Where: RAA Group, 101 Richmond Road, Mile End

Meet: Inside

Cost: Nil

Years ahead: Then and Now gives an insight into the RAA's history, which

spans more than 115 years. The presentation will look at RAA milestones and the tour showcases some of their memorabilia. It covers: RAA through the decades and today; how our state's roads have changed; and a tour of the Head Office at Mile End. Morning tea will be served.

Lunch: tba

Details of Outings for Terms 3 and 4 will be advertised in the next newsletter.

OUT AND ABOUT



Thanks to Ros Reddaway for organising a most interesting visit to the ABC studios at Collinswood on Friday 21 February. A definite highlight was meeting and chatting with presenter, David Bevan, who welcomed us into his studio and showed us how his radio talk-back show was produced. One of the sad aspects of advancements in modern technology was the loss of so many jobs at the ABC, where

now only one person is required to handle the work formerly done by a team of eight people. We were privileged to be seated in the orchestral room, where this photograph was taken.

Terry could not resist being photographed with her two favourite characters B1 and B2 from the children's show Bananas in Pyjamas.

A delicious lunch at the Walkers Arms Hotel finished off the excellent outing on a high note.





What talented members we have at U3A Campbelltown, especially those attending Thursday afternoon's Craft and Chat sessions, where people bring in their own craft projects on which to work while chatting with their friends. Just look at the wonderful amazing llama that Eve has crocheted for one of her grandchildren! And she is now in the process of crocheting a second one for another grandchild! Eve was inspired when she saw the llama originally made last year by Carina, who kindly passed on the pattern to Eve.



Although International Women's Day was Sunday, 8 March, the Campbelltown Council celebrated it on Thursday night, 5 March, with a cocktail event at which 10 special women were honoured as part of the Women of Campbelltown project. Among these were three members of U3A Campbelltown: Mayor Jill Whittaker, Paddy McKay and Vale Pederson, pictured with their posters. They were strongly supported by their fellow U3A friends. Kerrie Smith has been nominated to be honoured at next year's event.

The event theme was Women and the Arts, with entertainment provided by many Adelaide

Fringe performers, starting with Henry VIII's Six Ex Wives. The Kaurna welcome was given by Yvonne Agius, followed by Mim Sarre's Friendly Feminism performance. Singer Lucy Johnson and dancer Ashlee Amber performed Me and The Sky, and Jen Frith facilitated a panel discussion with television producer Kirsty Stark, actor, singer, director Catherine Campbell and glass artist Clare Belfrage. Award winning artist Emma Knights rounded off the evening's entertainment with her one hour cabaret show entitled The Piano Men.

A wonderful time was had by all who attended!



For the Adelaide Cup long weekend from 7 to 9 March, five U3A members enjoyed a bus trip to the Clare Valley with friends from the Arena Community Club. Interesting historical sites visited included Bungaree Station with morning tea and a guided tour by owner Sal, who is pictured in front of St Michael's Church on the property with Marie, Di, Vale, Maxine and Marisa.



A guided tour of Burra took us into many well-preserved heritage sites, including the Redruth Gaol where scenes from Breaker Morant were filmed. This location was a jail from 1856 until 1894 and then a girl's reformatory for unwed mothers from 1897 until 1922. Di, Maxine and Marie are pictured with guide Hannah.

Martindale Hall at Mintaro was a delight to visit. This was the location of yet another South Australian film - Picnic at Hanging Rock. It was fascinating to listen to the history of the estate and learn of the tragic events that befell the families who previously owned this stately home which is now government property.



