

Newsletter

CAMPBELLTOWN U3A INC.
Supported by Campbelltown City Council

No 69 | March 2021

Office Hours: 9.15 – 11.15 am Wednesday and Thursday (NOT DURING SCHOOL HOLIDAYS)
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From the President



The 2021 Annual General Meeting on Friday 12 March was an opportunity to reflect on the challenges and achievements of 2020. You can download the full [2020 Annual Report](#) from this link and from our website under Board of Management and Public Documents. There are many people to thank for what was a year of quite outstanding achievements and you'll find them either in the full Annual Report or the [President's Report](#) by itself.

Particular thanks must go to Gerry Butler, Chair of Butterfly Conservation SA and of The Gums Landcare Group, who stepped in at the last minute to speak at the AGM (see report on Page 2). Our thoughts are with David Kilner, whose tumble landed him in hospital, necessitating that last minute swap. David, we wish you a speedy recovery and look forward to hearing about Agatha Christie at our June meeting.

I am pleased to report that the resolution to change the legal name of our wonderful institution was passed unanimously and – once the paperwork is completed, including updating our Constitution – we will henceforth become U3A Campbelltown South Australia Inc.

It is time now to look forward to another busy year. COVID-Safe practices will continue to impact on class sizes for the foreseeable future. Our challenge is to discover ideas for new classes and groups. I take this opportunity to welcome the ladies from Kotara (see Page 5) and invite you to avail yourselves of this new group. Please speak up if you have any suggestions. To paraphrase the final sentences of my President's Report: together we can be the glue to ensure the continuing success of U3A Campbelltown South Australia through this remarkable time. Together we can achieve our mission to stay active – mentally, physically and socially.

Enjoy the year ahead!

Glenda Sherwin-Lane
President U3A Campbelltown Inc
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Page 2 – Annual General Meeting, Diary Dates	Pages 3 & 4 – Class News
Page 5 – General News	Page 6 – General Meetings, Outings
Page 7 – Out an About	Pages 8 – U3A Rendezvous 2021
Page 9 – Term 2 2021 Timetable for Classes, Groups and Outings	

Annual General Meeting

The U3A AGM was very well attended on Friday 12 March and the following were elected for 2021:

President: Glenda Sherwin-Lane
Treasurer: Paddy McKay

Secretary: Graziella Rosmini
Curriculum Manager: Kerrie Smith



Board Members

Ros Reddaway, Outings

Imme Penttila, Public Officer

Lynette Geracitano, Office Manager

Jan Ness, Guest Speakers

Ann Richardson

Marie-Antoinette Galletta

Robert Smith

Others:

Alan Clark, Auditor

Diane Campbell, Newsletter Editor

Glenda Sherwin-Lane thanked the following members:

- Helen Ward who has been a Board Member for many years and has organised Guest Speakers for our General Meetings.
- Hon Jill Whittaker – the Returning Officer for the day and conducting the Election of the 2021 Board of Management.



Guest Speaker on the day was Gerry Butler, Chair of Butterfly Conservation SA and of the Gums Landcare Group. Gerry spoke about the Chequered Copper Butterfly and shared a fascinating video showing the symbiotic relationship between a caterpillar, an ant and a plant which together helped to create this beautiful creature. Butterflies are as important to our environment as are bees.



Download the book [Attracting Butterflies to Your Garden and more information](#)

from their website. Gerry also spoke about [The Gums Landcare Group](#) and the proposed [Campbelltown Community Landcare Nursery](#) to promulgate plants indigenous to the Campbelltown area – and how we can volunteer.



Footnote: In December 2018, Gerry was awarded honorary lifetime membership of the Landcare Association of SA and an Outstanding Service Award.

Diary Dates



Board Meetings: Fridays, 7 May, 23 July, 3 September, 12 November
General Meeting: Friday, 4 June 2:00 – 3:30 pm
Outings: Fridays, 21 May and 6 August
U3A Rendezvous – 5 – 7 October

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

Class News

Full Classes

The following classes are **full** and therefore will not appear on the Term 2 enrolment form:

Balance & Bones

Be Connected

Circle Dancing

Coffee & Conversation and Books

Craft & Chat

Italian for Beginners

Play Reading

QiGong Shibashi

Reading for Pleasure

Yoga1

If you have enrolled in one or more of those classes and have decided you can no longer attend, please advise the office so you can be removed from the roll officially. It may be that your place can be offered to someone else. If you are enrolled in a class that meets weekly, then, as far as possible, you should be attending weekly. As COVID-Safe room capacity restrictions still apply, some classes are remaining lower in numbers.

If you are not sure what you have enrolled in, contact the Office and you will receive a printed copy of the list of your enrolments.

NEW CLASS FOR TERM 2: USING DIGITAL PHOTOS

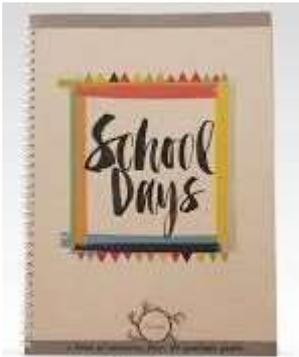
Wednesdays, 12, 19, 26 May, 9:30 – 11:30 am

This class 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.



Australian History Stories

Australian History Stories has started the year with 20 enthusiastic amateur historians. We have already heard stories of shipwrecks and had a show and tell session with stories of our oldest objects, with everything from Granny's fine china to an Aboriginal smoking stick, interesting photos, books, jewellery, medals and much more. Coming up, we are to hear about gold mining in the Adelaide Hills, a visit to the Athelstone Independent Cemetery and we will round off the term with a YouTube film session. Term 2's theme will be "School days" which should be full of nostalgia and fun.



Balance and Bones.

Balance and Bones class resumed in Term 1 with a definite limit on numbers. As we meet in the middle room, it is important to maintain the current smaller group. It was great to see everyone after such a long break. I thank everyone for their help each week in setting up the room, sanitising individual chairs before and after each session. As a leader this is great relief as it all takes extra time and must be done. Let's hope that we don't have any more interruptions this year.



Be Connected



The Advanced Computing class were excited to be invited to participate in the filming of a video of the class working with Be Connected. This program is a Federal Government initiative to encourage senior citizens to gain confidence about going online and making use of modern technology. You can see the video by going to The Goods Things Foundation website. These fabulous photos came to light very recently. Pictured Pat Arthur - what a star! And Megan and Pat deep in concentration. We have lots of fun and laughs whilst learning how to be connected online.



Sketching, Watercolour and Acrylic Painting - enjoying learning and being creative again

After a very disrupted 2020, we are back with eight members. We are all enjoying chatting and looking at each other's work – in a COVID-Safe fashion of course. Each Monday afternoon around six of us attend on average and spend two hours being extremely creative, sharing our knowledge and helping our fellow artists where we can. It is a relaxing, fun afternoon.



French for Travellers

Marie's French class has so much enjoyed the camaraderie of being back at the Marchant Centre after lessons on ZOOM for most of last year that a recent survey revealed the majority of students want to continue their instruction in the classroom situation. **As a result, Term 2 lessons will continue at the Marchant Centre.** Another survey will be taken later to determine what happens in Term 3.

Italian for Travellers

Even though none of us will be travelling in the foreseeable future, Marie's Italian for Travellers class is still well attended. Everyone is happy to be back in a classroom situation at the Marchant Centre, after meeting on ZOOM for most of last year. With the fire evacuation drill out of the way, it was heads down to write a few sentences in Italian, before reading them aloud to the class. The only overseas travelling we are doing at present is through watching DVDs during the travelogue section at the end of the lesson, when we can soak up the atmosphere and dream of better times to come.



PLEASE NOTE: If you wish to join either the French or Italian for Travellers Classes, you must contact the office.

Italian for Beginners



Marie's Italian for Beginners class for 2021 got off to a good start on Monday 1 February with a fire evacuation drill, which was quickly and effortlessly conducted at the start of the lesson. New COVID-19 measures are now in place with everyone signing in on arrival, using the hand sanitisers, and being socially distanced in class, as can be seen in the photo. At the end of the lesson, sanitisation procedures are again followed when chairs and table surfaces are wiped down. It has been delightful to have everyone's willing cooperation.

Italian Classes at the Marchant Centre

There has been a change of plans with regards to how the Italian classes will be conducted in Term 2. A survey of all participants has revealed the majority prefer to continue classes at the Marchant Centre. So lessons via Zoom will be postponed until Term 3, when the weather is usually inclement, cold and rainy.



General News

Thank You



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, Rosa Ciaravolo, Marie Galletta, Jan Ness, Helen Ward and Paddy McKay.

Thank you also to the leaders who contribute to our newsletters – your input is always very much appreciated.

Farewell Marisa Sturm

Still youthful at 72 years when she passed on 29 December 2020, Marisa Olga Sturm was born in Trieste, Northern Italy on 6 November 1948. She was 8 years old when her family settled in Australia, where she chose to become a secondary school teacher and spent the bulk of her career at Mary McKillop College, Kensington, educating countless young women. In many cases, Marisa taught two generations in the same family, first the mothers and then their daughters.

Marisa loved travelling, both around Australia and extensively overseas. She was vibrant, vivacious, generous, fiercely independent, had a heart of gold and was very concerned with social justice and environmental issues. She never married, but was a happy, gregarious, dynamic woman with a magnetic personality and a deep love for her extended family. After retiring in 2016, Marisa kept very active: mentally, physically and socially by joining U3A Campbelltown where she enjoyed classes such as Computing, QiGong Shibashi and Circle Dancing. Marisa loved attending all the U3A outings and excursions, which usually ended with lunch at a nearby hotel or restaurant.

Marisa was truly an extraordinary woman who will be sadly missed by all who knew her.



Welcoming the Ladies Friendship Group

We are a group of women over 55 years of age and some of our ladies are even over ninety; all are very interested in what is happening in the world around us. For over 40 years this group, formerly known as Kotara, has met on Tuesday mornings, 10:00 am to 12:00 noon during school terms for friendship and fun, sharing and caring, while:

- Learning from guest speakers
- Enjoying outings together
- Games and quizzes

From Term 2, under the umbrella of U3A Campbelltown, the Ladies Friendship Group will continue to meet every Tuesday morning in the middle room of the Marchant Community Centre. The group will collect \$1 donation each meeting to go towards gifts for speakers. New members are very welcome (just tick the box on the Term 2 enrolment form).

U3ASA Provides COVID-Safe Funding

At the end of 2020, U3ASA was able to provide funding from both Commonwealth and State sources to help U3A groups to provide COVID-Safe environments to kick-start their individual U3As at the end of the year and for 2021. In the case of Campbelltown, this meant reimbursement for ZOOM licences for both Campbelltown and for Marie Galletta for the coming year. \$370 was also provided for spending on hand-sanitisers, disinfectant, wipes, paper towels, etc to enable us to provide COVID-Safe environments. In addition, U3ASA, of which Kerrie Smith is the current president and Katarina Spudic the current treasurer, provides U3AC's Public Liability insurance, volunteer insurance, and copyright licence.



U3A Rendezvous

Tea Tree Gully is hosting the U3A Rendezvous from Tuesday, 5 October, to Thursday, 7 October. Bookings open on 1 July. See the flyer on Page 8 for more details.

General Meetings – Terms 2 2021

Friday, 4 June, Annual General Meeting, 2:00 – 3:30 pm.

David Kilner, an author and member of U3AC, will discuss Agatha Christie's life as a writer - how she got her start, how she became famous, the tricks she used in her books and her favourite characters. At the end of this talk, he will briefly discuss his own books, how they came to be written, and some of the challenges of writing. Books will be on offer at a generous discount.



Outings for Terms 2 and 3 2021

Term 2

CUMMINS HOUSE

When: Friday 21 May

Time: 10:30 am

Minimum: 30

Meet: Cummins House, 23 Sheoak Avenue, Novar Gardens

Cost: \$10 which includes Devonshire tea and the tour of the house and gardens.

Cummins House was built for John Morphett who sailed to Adelaide in 1836. His investment of 81 pounds won him a grant of 134 acres of land. Today Cummins House is testament to the spectacular success of John Morphett, one of South Australia's early settlers. This early Australian homestead, built in 1842 and lavishly furnished with period items and personal interests, provides many personal insights into the life of a gentleman farmer in the 19th Century. Its beautiful gardens, containing many of the original plantings, are now lovingly maintained by volunteers and are in great demand for use at weddings and formal functions. Visiting Cummins House is like time travelling. It is an experience that transports you to an early period in colonial South Australian history.

Lunch: TBA

PLEASE NOTE THAT THE MINIMUM HAS NOW BEEN INCREASED TO 30 AND THERE ARE NOW MORE SPACES TO ENROL!



Term 3

THE ADELAIDE KOALA AND WILDLIFE HOSPITAL



**Adelaide
Koala & Wildlife
Hospital**

When: Friday, 6 August

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

Maximum: 25

Where: 282 Anzac Highway, Plympton

Meet: Inside the hospital

Cost: A donation of \$5-10 would be appreciated as the hospital is funded by donations. 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

OUT AND ABOUT



The Play Reading Group's ZOOM meeting at the end of 2020.



Friday, 19 February was a bright and sunny day, just perfect for U3A's first outing for 2021. A pleasant drive to the Adelaide Hills ended at Verdun, where we had lunch at the Stanley Bridge Tavern, before going to tour the Lions Hearing Dogs Australia facility. Here Bella and Darren (pictured) explained the valuable work they do in training many different breeds of dogs to perform a range of services for people who are hearing impaired. It was fascinating to watch one of the trainee dogs Katie being put through her paces and seeing how she responded to various sound stimulations. When we were taken to view the kennels, we were allowed to pat the dogs roaming in their enclosures. We came away with a firm appreciation of the vital work

undertaken at Verdun, where this facility provides hearing dogs throughout all Australia. The map shows where all the dogs trained here have been placed.

Although International Women's Day was Monday, 8 March, the Campbelltown Council celebrated it on Thursday night, 4 March, with an event at which 10 special women were honoured as part of the Women of Campbelltown project. Among these was Kerrie Smith, pictured with her poster. Our special congratulations go to Kerrie, who was recognised for her contribution to education in the Campbelltown City area. Two generations of former students were present in the audience and she was strongly supported by her fellow U3A friends. The guest speaker was Dr Emily Kirkpatrick, Deputy Chief Medical Officer and a Deputy Chief Public Health Officer for SA Health. A wonderful time was had by all who attended!





RENDEZVOUS 2021

Bookings open July 1st



TUESDAY OCTOBER 5, WEDNESDAY OCTOBER 6, THURSDAY OCTOBER 7

WHERE ARE THE WOMEN ARTISTS IN HISTORY?



They were there and some were successful. Come and listen to the stories of their lives, view their works and learn more about their times.

PHOTOGRAPHY

Like to learn about composition, the rule of 3? Hear a few guidelines of colour theory to improve your photos.

UKULELE

Bring your ukulele along for a group singsong



MUSCLES IN MOTION

Come and get fit, lose some calories, have fun and release those feel good endorphins. Stretching, dancing, walking, balance, light weights.



TAI-CHI

Learn some of the basics of this low impact exercise with a series of movements which can help, balance, strength, flexibility, posture with a relaxing meditation.

ANSTEY HILL WALK

Enjoy a walk down picturesque Anstey Hill with views over Adelaide.



GEOLOGY

We'll get the microscopes out and have an interesting afternoon of discovery.

SINGING WITH THE STARS

Whether you have a great voice or not, come along and have fun singing or just listening to your favourite artists with lyrics and video on the big screen.



CONTRACT BRIDGE

Call up your best players and see who are the U3A SA champions.

BOARD GAME-ON

Come and enjoy some healthy escapism and enjoy the relaxing social aspect of playing with others and learn some new games in a friendly atmosphere.



CARD MAKING

Get some ideas for making personalised greeting cards.



NEWMANS NURSERY

View one of Adelaide's oldest Nurseries with specialty Camelias, Roses, Lavenders Fruit trees



Open each day all day

U3A CAMPBELLTOWN CLASSES, GROUPS, & OUTINGS TERM 2, 2021

PLEASE NOTE that this list shows planned groups and classes for Term 2, 2021

A NUMBER OF THESE CLASSES ARE ACTUALLY FULL – See the Term 2 Enrolment form

The actual venue of each class or group will depend on social distancing requirements.

The size of some groups may be reduced to meet COVID-Safe requirements. EACH GROUP HAS A COVID MARSHAL.

Further information on courses, content and leaders will be available on 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 Road, Athelstone (Bus Stop 35)

Note: COVID-safe room capacity requirements apply to General Meetings, so please tick them on your enrolment form.

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

DAY	TIME	Classes & Groups	LOCATION
Monday am	10:15-11:15	QiGong Shibashi	Marchant C.C./Middle Room
Every Monday	9:30-11:30	Social Bridge	Marchant C.C./Front Room
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 (3 rd 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	Fifth Creek Rise Retirement Village
Tuesday am	9:30-9:50	Bone Density - Jumping in the Park	Foxfield Oval
Every Tuesday	10:00-12:00	Ladies Friendship Group	Marchant C.C./Middle Room
Every Tuesday	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./Front Room
2 nd Tuesday	Mornings	Film Go-ers – probably from 10:30	Regal Theatre, Kensington Rd
4 th Tuesday	9:30-12:00	Photo-Shoots	Various Venues
5 th Tuesday	1:30-3:30	Sudoku – 29 June	Marchant C.C./Front Room
Tuesday pm	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	Agatha Christie Reading Group	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 & More	Marchant C.C./Front Room
4 th Tuesday	2:00-4:00	Armchair Travellers	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
Wednesdays 12,19,26 May	9:30-11:30	Using Digital Photos	Marchant C.C./Middle Room
Wednesday pm	1:30-3:30	Mah Jong	Marchant C.C./Front Room
Wed Evening	7:30-9:30	Music through the Ages	Marchant C.C./Front Room
Thursday am	9:15-11:00	Be Connected/Basic Computing	Marchant C.C./Front Room
Every Thursday	9:30-9:50	Bone Density - Jumping in the Park	Foxfield Oval
Every Thursday	10:00-11:00	Balance & Bones Exercises	Marchant C.C./Middle Room
2 nd & 4 th Thursday	11:15-12:30	Australian History Stories	Marchant C.C./Middle Room
Thursday pm	1:15-3:15	Keyboard and Other Instruments	Marchant C.C./Back Room
Every Thursday	1:30-3:00	Craft & Chat	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			
2 nd & 4 th Fridays	9:30-11:00	Walking Group	Meet at Paradise Interchange
14 May, 2 July	1:30-4:00	Play Reading	Marchant C.C./Middle Room
Office OPEN Wed and Thurs: 9:15 to 11:15 am (NOT school holidays)			
Term 2 commences Tuesday 27 April – concludes Friday 2 July 2021			
General Meeting, Friday 4 June, 2:00 – 3:30 pm: Agatha Christie with David Kilner			Marchant C.C./Middle Room
Board Meetings: usually 2:30-4:30, 7 May, 23 July, 3 Sept, 12 Nov (4:30-6:00 pm)			Marchant C.C./Middle Room
Outings: Cummins House, Friday 21 May 2021, 10:30 am			
Adelaide Koala and Wildlife Hospital, Friday 6 August, 10:45 am			