

# Newsletter

U3A Campbelltown South Australia Inc.  
Supported by Campbelltown City Council

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



Hi everyone

As I looked back over our newsletters of the last couple of years and reviewed my comments in 'From the President', I realised how often I have referred to the season. Given our newsletters are quarterly, I suppose that is not too surprising. We have had good rains over the winter months, with a little more to come it seems. It also means that COVID has visited quite a number of us, I am happy to say it appears without any major incident, thanks to members being fully vaccinated.

Spring is now upon us, the days are getting longer and we can look forward to some warmer weather. That means the time for hibernation is over. I encourage you to explore all the classes on offer for Term 4. Circle Dancing is returning, perhaps not the day you prefer but the best we can offer at the moment to accommodate availability of teacher and venue. Belly Dancing has been added as another form of exercise and we are offering something special for our Christmas breakup. Please remember to only book for classes you know you can attend regularly.

My garden is looking its best for some time and I am enjoying it, but it's not a suitable candidate for the Love My Garden Competition for residents of Campbelltown Council. Check it out! Maybe your garden could bring home the prize?

Enjoy the remaining weeks of Term 3 and enjoy your break, ready for Term 4 – **staying active mentally, physically and socially.**

Cheers

Glenda Sherwin-Lane  
President U3A Campbelltown SA Inc  
☎ 0414 769 459, ✉ [gsl-email@bigpond.com](mailto:gsl-email@bigpond.com)

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## CLASS NEWS

### NEW CLASSES

#### Digital Photos and Christmas Gifts with Snapfish

Tutors: Kerrie Smith and Vale Pederson  
Date: Wednesdays, 2, 9, 16, 23 November  
Time: 9:30 - 11:30 am  
Venue: Middle Room, Marchant Centre

There are many ways you can create personalised Christmas gifts for family and friends using your digital photos. Come along to explore the range of what you can do.

#### Circle Dancing

Tutor: Lyn Porter  
Date: Fridays for all of Term 4 up to and including 16 December  
Time: 10:00 – 11:00 am (arrival from 9:45 am)  
Venue: Athelstone Community Hall, Cnr Maryvale and Gorge Roads, Athelstone  
Maximum: 15  
Cost: \$1.00

At this stage, this is the best available day and time for the return of Circle Dancing to U3A Campbelltown. It will be reviewed for 2023.



#### Belly Dancing

Tutor: Donna Topaz  
Dates: Wednesdays, 26 October to 30 November (6 weeks)  
Time: 10:30 – 11:30 am  
Venue: Marchant Centre, Back Room  
Maximum: 10-12

The word 'belly' is a derivative of an early word meaning 'dress'. It is believed this form of dancing originated from India. It provides good exercise to strengthen the tummy and other muscles. Participants are required to wear comfortable trousers and t shirt and bring a triangular scarf to fit around you. Good fun is assured!

#### Computing – Term 4 Be Connected

Tutor: Glenda Sherwin-Lane  
Dates: Thursdays during Term 4  
Time: 9:20 – 11:00 am  
Venue: Marchant Centre, Front Room

Comfort with the internet is becoming more and more necessary to access government services, ensure your online safety and security and enjoy all the benefits of your electronic device. Enrol in this course to take you through the easy step by step courses. Advanced students can offer one-on-one assistance to help you get started. One term is sufficient to give you the confidence to explore areas such as searching for your ancestry.

#### **PLAY READING**

The dates for Term 4 will be Fridays, 11 November and 9 December.

#### **PHOTO SHOOTS**

On a very chilly Tuesday, some members of Photoshoot Group dodged showers to take shots of First Creek coming over at Waterfall Gully last month. See all the results on our blog: [camshootu3asa.blogspot.com](http://camshootu3asa.blogspot.com)



## GENERAL MEETING



Our next General Meeting will be on Friday, 21 October, at 2:00 pm. Our guest speaker will be Larissa Arakawa Martins who will be talking about a research project undertaken by the University of Adelaide "Thermal Comfort at Home – A Guide for Older Australians". Larissa will also be providing hard copies of a book that has been developed from that research. This will be followed by afternoon tea.

## Outing & Christmas Function - Term 4 2022



### LOCHEND HOUSE CAMPBELLTOWN TOUR AND DEVONSHIRE TEA

**When:** Friday, 2 December, 2022

**Time:** 10: 30 am – 12:30 pm

**Maximum Number:** 48 people

**Meet:** Lochend House

**Cost:** \$10 which includes a \$2 gold coin donation



The outing will commence with a Devonshire Tea, followed by a talk about Lochend House by Peter Rumbelow, past President of the Campbelltown Historical Society, followed by a tour of the house.

Lochend House was built for Scottish migrant Charles James Fox Campbell who gave his name to this Adelaide suburb. Campbell arrived in South Australia in 1838 and by 1842 had built Lochend as his 'town house'. After various owners, the property, including Lochend and Lochiel Park, was sold to the Crown in 1947 and developed by the Government as a Junior Boys Reformatory.

The property is now situated at Brentyn Court, Campbelltown (in Lochiel Park, access from Hill Street at the corner of Hart Street), is owned in trust by the City of Campbelltown as a place of State Heritage significance and is also listed on the Register of the National Estate. Lochend was restored over a six year period, being officially unveiled by Campbelltown Mayor, Steve Woodcock, on Sunday, 29 February, 2004. Members of the Campbelltown Historical Society staff the building during open days.

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

## GENERAL NEWS

### NEW BANK DETAILS

We have moved our banking to Bendigo Bank, Modbury. Please note the new account details when making electronic payments:

BSB	633 000
Account No	192140481

### CAMPBELLTOWN COUNCIL NEWS

#### LOVE MY GARDEN COMPETITION

The 2022 Love My Garden Competition is now open! Entry is FREE and the competition is open to all residents of the City of Campbelltown, young and old, who love their gardens, no matter how big or small.

There are great prizes to be won in each of the four competition categories:

- Native Garden – mainly local native plants
- Traditional Garden – lawns & garden beds
- Edible Garden – mainly edible plants
- Collectors Garden – specific plant type or theme

Visit [www.campbelltown.sa.gov.au/gardencompetition](http://www.campbelltown.sa.gov.au/gardencompetition) to find out more and to enter.

The Love My Garden Competition is a Community based competition run by the Lochiel Park Community Garden and Athelstone Community Garden at Padulesi Park with the support of the Adelaide Bee Sanctuary and Council.

Entries Close Friday 14 October 2022



#### VOLUNTEERS NEEDED

Volunteers help the Council provide services and facilities that make Campbelltown a great place to live. We are seeking people who can help with the following programs:

- The Graffiti Removal Crew keep our playgrounds and facilities graffiti free. Their motto is safety, community pride, and mateship.
- The Campbelltown Home Support Program supports eligible, older residents with shopping, transport to appointments, social outings and events. These are friendly, supported and rewarding roles.
- New role - Remove leaf litter and gumnuts from footpaths in heavy leaf litter streets.

You can help with as little as a few hours a fortnight, during office hours. To get involved contact Rachel, Volunteer Coordinator, on 8366 9235 or [volunteers@campbelltown.sa.gov.au](mailto:volunteers@campbelltown.sa.gov.au), or visit [www.campbelltown.sa.gov.au/volunteer](http://www.campbelltown.sa.gov.au/volunteer).

#### COMMUNITY CONNECTIONS CAFE

When: Every month on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, until 22 December, 10:30 am – 1:00 pm

Where: Campbelltown Memorial Oval, Corner Lower North East Road and Darley Road, Paradise

Cost: Gold coin donation

Come and meet friendly faces and connect with the Campbelltown community whilst enjoying a chat over coffee, morning tea and light lunch.

Run by The Rotary Club of Campbelltown and supported by Campbelltown Council.

Transport is available. Call 8366 9222 for more information.



#### PROSPECTUS 2023

During Term 4, work will commence on our Prospectus for 2023. We welcome any suggestions from our members for new ideas as well as contributions from members to lead new classes and activities. Please contact our Curriculum Manager, Kerrie Smith, via the U3A office ([campbelltownu3asa@bigpond.com](mailto:campbelltownu3asa@bigpond.com)) with any ideas. The Prospectus will be available from late November with enrolments commencing in December. Fees will remain the same as this year.

# OUT AND ABOUT



Nine U3A Campbelltown members enjoyed an Endeavour Tours bus trip from Cairns to Darwin. In 16 days, we saw lots of interesting things, such as the birthplace of Qantas, the Stockman's Hall of Fame, the Waltzing Matilda Centre at Winton, the American River War Cemetery, and rode the Skyrail Cableway over the rainforest canopy near Cairns. We cruised the Thomson River and the Katherine Gorge. We visited the ruins of Paronella Park Castle at Mena Creek, a Texas longhorn cattle ranch at Charters Towers, and the Age of Dinosaurs Museum near Corfield. Mt Isa was fascinating with its Underground Hospital and Museum, as was the Daly Waters Historic Pub. Of course, Darwin was beautiful with its Museum and Art Gallery, the Aquascene Fish Feeding facility and the Crocosaurus Cove. That's just a brief summary of some of our outback experiences with a lovely group of 19 people, plus our

friendly bus driver, all from Adelaide. I can strongly recommend Endeavour Tours if you're looking for a great Australian or South Australian holiday. They take care of all the details to ensure you have a carefree, relaxing time.

Marie Galletta

On Saturday 9 July, a group of ten U3A members attended the annual Arena Club Quiz Night at the Payneham Library Hall, where they showed that their collective knowledge could not be surpassed and were the first prize winners for the evening. They were also very lucky in the Monster Raffle, winning many prizes, and joyfully participated in the entertaining games played throughout the night. An enjoyable time was had by all.



## DIARY DATES



- Friday, 21 October – General Meeting
- Friday, 11 November – Board Meeting
- Friday, 2 December – End of Year Outing and Christmas Function
- Friday, 16 December – Term 4 Concludes

## U3A CAMPBELLTOWN ACTIVITIES, COURSES, GROUPS & OUTINGS TERM 4 2022

**PLEASE NOTE** that this list shows planned groups and classes for Term 4, 2022

**Our groups and classes continue to observe recommendations for COVID-safety such as social distancing, hand sanitizing, and wearing of masks where appropriate. We also require members to be vaccinated.**

**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.

**If you have already booked an activity via a 2022 enrolment form, you do not need to book again**

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, except Reading for Pleasure**

DAY	TIME	Classes & Groups	LOCATION
<b>Monday am</b>	10:00-11:00	QiGong Shibashi	Marchant C.C./Middle Room
Every Monday	9:30-11:30	Bridge	Marchant C.C./Front Room
<b>Monday pm</b>	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	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 <sup>st</sup> Monday	1:30-3:30	Reading for Pleasure	Campbelltown Library
2 <sup>nd</sup> Monday	12:00 – 1:00	Creative Writing	Marchant C.C./Front Room
<b>Tuesday am</b>	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 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Tues	10:00-12:00	Backgammon	Marchant C.C./Front Room
2 <sup>nd</sup> Tuesday	Mornings	Film Go-ers – probably from 10:30	Regal Theatre, Kensington Rd
4 <sup>th</sup> Tuesday	9:30-12:00	Photo Shoots	To be advised
<b>Tuesday pm</b>	12:30-1:30	Tai Chi (Beginners)	Lutheran Homes Hall Glynde
Every Tuesday	1:30-2:30	Tai Chi & Qi Gong Shibashi	Lutheran Homes Hall Glynde
1 <sup>st</sup> Tuesday	2:00-4:00	Crime Fiction Readers	Marchant C.C./Middle Room
1 <sup>st</sup> , 3 <sup>rd</sup> Tuesday	1:30-3:30	Rummikub	Marchant C.C./Front Room
2 <sup>nd</sup> Tuesday	2:00-4:00	Coffee & Conversation about Books	Marchant C.C./Front Room
3 <sup>rd</sup> Tuesday	2:00-4:00	Agatha Christie Reading Group	Marchant C.C./Middle Room
4 <sup>th</sup> Tuesday	2:00-4:00	Armchair Travellers	Marchant C.C./Front Room
<b>Wednesday am</b>	9:30-11:30	Scrabble	Marchant C.C./Front Room
26 Oct-30 Nov	10:30-11:30	Belly Dancing	Marchant C.C./Back Room
Weds in Nov	9:30-11:30	Digital Photos & Christmas Gifts with Snapfish	Marchant C.C./Middle Room
<b>Wednesday pm</b>	1:30-3:30	Mah Jong	Marchant C.C./Front Room
<b>Thursday am</b>	9:20-11:00	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 <sup>nd</sup> & 4 <sup>th</sup> Thursday	11:15-12:30	Australian History Stories	Marchant C.C./Middle Room
<b>Thursday pm</b>	1:15-3:15	Music - Keyboard and Other Instruments	Marchant C.C./Back Room
Every Thursday	1:30-3:30	Craft & Chat	Marchant C.C./Front Room
Every Thursday	2:00-3:30	French for Travellers	Marchant C.C./Middle Room
2 <sup>nd</sup> Thursday	4:30-7:00	Video Viewers	Marchant C.C./Front Room
<b>Friday</b>			
Every Friday	10:00-11:00	Circle Dancing	Athelstone Community Hall
11 Nov, 9 Dec	1:30-4:00	Play Reading	Marchant C.C./Middle Room
<b>Office OPEN Wednesday and Thursday: 9:15 to 11:15 am (NOT school holidays)</b>			
<b>Term 4 commences Monday 17 October – concludes Friday 16 December</b>			
<b>General Meeting: Friday, 21 October, 2:00 pm</b>			Marchant C.C./Middle Room
<b>Board Meeting: Friday, 11 November, 4:30 - 6:00 pm</b>			Marchant C.C./Middle Room
<b>Outing and Christmas Function: Friday, 2 December, 10:30 am – 12:30 pm</b>			Lochend House

**UNSURE OF WHAT YOU HAVE BOOKED FOR? THE OFFICE CAN GIVE YOU A PRINTOUT.**