

Newsletter

U3A Campbelltown South Australia Inc.
Supported by Campbelltown City Council

No 76 | December 2022

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



It has been gratifying that life in 2022 has been able to return to some degree of normality, whilst being vigilant to remain healthy. Thanks to an interesting curriculum, excellent speakers and outstanding Outings, we have had plenty of opportunities to explore new interests. I trust you have enjoyed this last year at U3A Campbelltown South Australia.

The year 2023 offers our usual classes and groups plus some really interesting newbies. You've had time to peruse the Prospectus and with the publishing of this newsletter and enrolment form, you have the tools to get ready for another interesting year. Please read Page 2 carefully and follow procedures to ensure trouble-free enrolment.

Don't miss out on our Christmas function at Lochend House – a guided tour and Devonshire Tea – on 2 December. There are still some places available.

Thank you to all the volunteers who have contributed so much to the life of U3A Campbelltown South Australia in 2022. Because of you, we are able to **stay active mentally, physically and socially.**

Merry Christmas Everyone!



Glenda

Glenda Sherwin-Lane
President U3A Campbelltown SA Inc
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2023 ENROLMENT PROCEDURES

Please note that ALL classes are declared vacant at the end of the year. The 2023 Prospectus is now available as follows:

- Online at [https://u3acampbelltownsa.org.au / Courses & Groups / Courses](https://u3acampbelltownsa.org.au/Courses%20&%20Groups/Courses)
OR use the direct link:
<https://u3acampbelltownsa.org.au/wp-content/uploads/2022/11/Prospectus-2023.pdf>
- From the table in the foyer of the Marchant Community Centre whenever it is open for classes.
- Campbelltown Library, 171 Montacute Road, Newton
- Indigo Café, Athelstone Shopping Centre, 320 Gorge Road, Athelstone

The Board of Management advises that the membership will be \$55 per person, \$100 per couple. An annual fee of \$10 per person will be charged to those 85 years and over.

Apart from the leader/tutor, no-one will be added to a 2023 class or group until the membership fee is paid. Commencement date for 2023 enrolments is **from the publication of the Term 4 2022 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, 15 December** (not 8 December as stated in the Prospectus). You may pay by Direct Credit (as per the instructions on Page 5 of the Prospectus), but you need to make sure the office also receives the enrolment form. You are also welcome to pay In person with credit card payment available on Wednesday, 7 December and Thursday, 8 December from 10:00 to 11:30 am.

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. As per last year, there will be no enrolment day in January 2023, but late enrolments may be submitted in person on **Wednesday, 18 January from 9:15 to 11:30 am.** However, we would appreciate if enrolments could be received **before the end of Term 4 this year.**

If your class is in the Marchant Centre on Wednesday or Thursday, please call into the office late January and early February to collect your enrolment printout, receipt and name badge (if requested) before the class or during office hours. Printouts will be delivered via roll books on other days. The office will be open on Wednesday, 25 January, from 9:15 to 11.15 am.

Term 1 commences on Monday, 6 February (the week after state schools).

WELCOME

We also welcome the following new leaders/courses and activities for 2023:

A Word or Two About Ephemera – David Figg
A Film Buff Odyssey – Peter Richter
Family History Group – Lyndal Oakshott
Let's Do Lunch – Jan Ness and Cindy Kaye

Mosaic Courses – Katrina Spencer
Familiarisation with ZOOM – Kerrie Smith
Q+A on ZOOM: Staying Safe Online – Kerrie Smith
Walking Group – Julie Stapleton

Please check out all the details in the Prospectus. For the first time, we have 49 activities on offer, nine of which are new, together with a number of classes that first appeared in 2022. Many thanks to those who have volunteered to be a leader/tutor. Please support them by attending everything in which you are enrolled.

COVID REQUIREMENTS

While COVID-19 vaccinations are no longer mandatory, we strongly suggest that all members keep up to date with their vaccinations, stay away when unwell and have a COVID test as soon as symptoms develop. As a courtesy, it would be appreciated if you would please notify the office when you are diagnosed with COVID. With the current upsurge in cases, it is also recommended that you wear a mask when attending indoor classes or groups, as well as at our meetings. Please do not put yourself or others at risk.

CLASS NEWS

Yoga

Many thanks to Laura Kellie for taking a second Yoga class this year. Laura is a young mother, returning to work part-time next year, and so there will be no second yoga class in 2023, at this stage at least.

Balbir will continue to take Yoga but the class will definitely be limited to 35 participants.

Change of times

Please note that the 2023 classes at the Lutheran Hall on Tuesdays will be as follows:

Yoga	10:00 am to 11:00 am
Beginners Tai Chai	11:30 am to 12:30 pm
Tai Chai & Qigong Continuing	1:30 pm to 2:30 pm



Belly Dancing

Please note that these classes will be held from **10:00 am to 11:00 am** in 2023 (not 10:30 am as stated in the Prospectus).

Creative Writing

Please note the commencement date for this course is **Monday, 13 February** (not 7 February as stated in the Prospectus).



Ladies Friendship Group

Once again, we have had an enjoyable term. Our ladies have been on two outings: one to Golden Grove Nursery for a tour and lunch and the second one to Wallis Cinema Gawler, where we had morning tea, saw a movie and had lunch provided by the cinema. We have had a podiatrist explain foot ailments, as well as a fashion parade with the photo of our models. Our final outing for this year will be Christmas lunch at the Highlander Hotel.

Walking Group

We are pleased to announce the return of the Walking Group on the 2nd and 4th Fridays of each month at the slightly earlier time of 9:00 am. Julie Stapleton, our new Walking Group leader, has completed a Keep Fit Leaders course and had her own fitness class for years. She holds a current First Aid Certificate and Police Clearance. She has also completed lots of long bush walks; the latest being the Heysen Trail and Kokoda. Julie will contact enrolled members with a schedule before the start of Term 1 next year.

Craft and Chat Group

This year we have been knitting and crocheting beanies, ranging in sizes for premi-babies to adults. At a future date we will donate the beanies to Campbelltown Knit & Natter for distribution in South Australia. In the meantime, we have used the Beanies to make the Christmas Tree now on display in the front room of U3A. To everyone who contributed to making our Christmas Tree Project a wonderful success a very big thank you.



ANNUAL GENERAL MEETING – TERM 1, 2023

Friday, 10 March, Annual General Meeting, Front Room, Marchant Community Centre, 2:00 – 4:00 pm

Reports for 2022 will be tabled and election of officers to the Board of Management for 2023 will take place. This will be followed immediately by a General Meeting with Guest Speaker, Alan Starks, then light refreshments.

Alan will speak on the topic of the *History of Chocolate - how it originated and developed into the product we know today*. Chocolate samples will be available.



PLEASE NOTE: COVID-safe room capacity requirements apply to the Annual General Meeting and General Meetings, so please tick them on your enrolment form.

Please consider nominating for the Board. New members are very welcome and, in fact, are necessary to bring fresh ideas and keep everyone on their toes. It is a rewarding experience and gives you the opportunity to add your voice to the future of U3A Campbelltown SA. With only six Board meetings per year, it is not an onerous task.

Nomination forms are now available at the office on Wednesday and Thursday mornings, from the Prospectus or downloadable from our website.

GENERAL NEWS

CHRISTMAS OUTING - 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.

Limited vacancies are still available so please let the office know as soon as possible if you would like to attend.



HAPPY 90TH BIRTHDAY

The Craft & Chat class recently helped Mary Boyle celebrate her 90th Birthday. Table set with lace cloth and dainty porcelain teacups, saucers and plates set the scene for a decadent white chocolate cake made and decorated beautifully by Di Whittaker. Happy 90th Birthday, Mary.

OCTOBER GENERAL MEETING

On Friday 21 October, the guest speakers at U3A Campbelltown's General Meeting gave members an interesting booklet to accompany their talk on Thermal Comfort at Home. During the talk, we learned how our personal activities around the house, the equipment we have and technology we use, along with house design, renovation and construction, all impact on our comfort and well-being, in particular with regard to keeping warm during the colder months. The influence of temperature, personal preferences, health and costs were also discussed.



COME AND USE NBN/WI-FI AT THE MARCHANT CENTRE

U3A members are welcome to use the office's NBN/Wi-Fi facility at the Marchant Centre whenever it is open. Members may get the code from the office and sit in the "comfy chairs" while using their iPads.

Outings for Term 1 2023

Our ongoing thanks to Ros Reddaway as Organiser of our Outings. Please note that bookings are essential and it is important to note the dates in your diary. As numbers are limited, please let Ros or the U3A office know if you are unable to attend so that others may have an opportunity to participate.

The Bay Discovery Centre

When: Friday 17 February 2023
Time: 11:00 am for a guided tour of the Centre and an introductory talk
Cost: Gold Coin Donation
Meet: 10:45 am at the Centre in Moseley Square
Transport: Travel by car or catch the tram to Glenelg
Lunch: Lots of different places to choose from on the day



The Bay Discovery Centre is a social history museum in the heart of Glenelg, celebrating the cultural heritage of South Australia. Wander through the galleries to discover the stories of the Kaurna people of the Adelaide Plains, South Australia's Proclamation and settlement, the evolution of beach culture and some of our State's most loved identities.

The Charles Sturt Museum



When: Friday 31 March 2023
Time: 10:30 am
Numbers: 20 – 25
Cost: \$15. This includes on entry a morning tea of scones with jam and cream
Meet: 10:15 am at 39D Jetty Street, Grange
Lunch: There are several hotels in the area to choose from closer to the date

The Charles Sturt Museum was the home of Captain Charles Sturt from 1840 -1853. He was one of the foremost explorers of Australia, opening up South Australia to settlement. A visit to the Museum will provide an opportunity to experience the idyllic setting and be welcomed into his State Heritage listed home as it would have appeared in those early days of settlement. The Gallery will expose you to the story of Captain Charles Sturt, not only to displays of relics but interpretive and multimedia displays.

Further information about other outings for 2023 will be available in future newsletters next year.

TERM DATES FOR 2023

Term 1: Monday, 6 February – Friday, 14 April

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

(Adelaide Cup Day: 13 March)

(Easter: 7 to 10 April; School holidays: 15 to 30 April.)

Term 2: Monday, 1 May – Friday, 7 July

(King's Birthday: 12 June)

(School holidays: 8 to 23 July)

Term 3: Monday, 24 July – Friday, 29 September

(School holidays: 30 September to 15 October)

Term 4: Monday, 16 October – Friday, 15 December

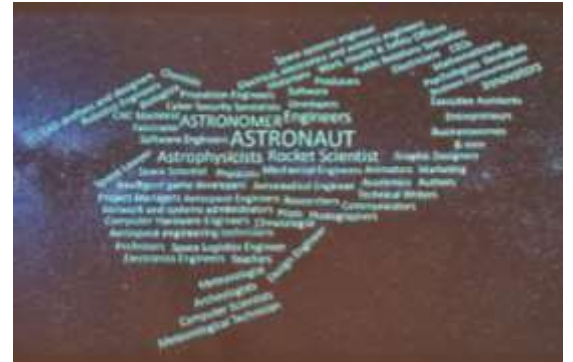
(School holidays: 16 December to 27 January)



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

OUT AND ABOUT

U3A Campbelltown members visited the Australian Space Discovery Centre on North Terrace on Friday, 12 August, where we were fascinated by what we learned about the thousands of satellites in orbit around the earth at any time. It was interesting to see how much Australia is involved in the space program as well as the numerous and varied careers that are generated by the space program.



In September, members of U3A Campbelltown visited Dunluce Castle and enjoyed a very interesting and informative tour learning about the Castle's history and the early days of Brighton. Twenty-two people attended and we were greeted by Sarah Tinney, the owner of the Castle and given a Devonshire Tea before the talk and tour of the castle. The group then lunched at the Esplanade Hotel, Brighton.

On the October long weekend, a group of U3A members travelled to Yorke Peninsula with friends from the Arena Club. They are pictured in front of the memorial to the clipper ship *Clementina* at Port Wakefield. The group stayed at Stansbury and went as far south as Marion Bay, visiting Edithburgh's Sunday markets along the way. Luckily, the weather was mild and sunny.



DIARY DATES



- end November/beginning December – 2023 Enrolments Commence
- Friday, 2 December – End of Year Outing and Christmas Function
- Friday, 16 December – Term 4 Concludes
- Wednesday 18 January – Late Enrolments, 9:15 – 11:30 am
- Wednesday, 25 January – Collection of printouts, etc from office, 9:15 – 11:30 am
- Wednesday, 25 January – Leaders and Tutors Meeting from 10:00 am
- Monday, 6 February – Term 1 2023 Commences
- Fridays, 10 February and 24 March – Board Meetings, 2:30 – 4:30 pm
- Fridays, 17 February and 31 March – Outings
- Friday, 10 March – 2023 Annual General Meeting, 2:00 – 4:00 pm
- Friday, 14 April – Term 1 concludes

DON'T FORGET TO WEAR YOUR MEMBERSHIP ID!

U3A CAMPBELLTOWN ACTIVITIES, COURSES, GROUPS & OUTINGS TERM 1 2023

PLEASE NOTE that this list shows planned groups and classes for Term 1, 2023

Our groups and classes continue to observe recommendations for COVID-safety such as social distancing, hand sanitizing, and wearing of masks where appropriate. The size of some groups may be reduced to meet COVID-Safe requirements

Further information on courses, content and leaders will be available on our Website <http://www.u3acampbelltownsa.org.au>

No classes or groups on Public Holidays or during school holidays, except Reading for Pleasure

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.

DAY	TIME	Classes & Groups	LOCATION
Monday am	10:00-11:00	QiGong Shibashi	Marchant C.C./Middle Room
Every Monday	9:30-11:30	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	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
2 nd Monday	12:00 - 1:00	Creative Writing	Marchant C.C./Front Room
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	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-from 10:15	Regal Theatre, Kensington Rd
4 th Tuesday	9:30-12:00	Photo Shoots	To be advised
Tuesday pm	11:30-12:30	Tai Chi (Beginners)	Lutheran Homes Hall Glynde
Every Tuesday	1:30-2:30	Tai Chi & Qi Gong Shibashi	Lutheran Homes Hall Glynde
1 st Tuesday	2:00-4:00	Crime Fiction Readers	Marchant C.C./Middle Room
1 st , 3 rd , 5 th Tuesday	1:30-3:30	Rummikub	Marchant C.C./Front Room
4 Tue begin 21 Feb	1:30-3:30	Mosaic Garden Paver	Marchant C.C./Back Room
Tues 7 & 14 Feb	4:00-5:00	Familiarisation with ZOOM	Marchant C.C./Front Room
3 Tue beg 14 Mar	1:30-3:30	Mosaic Sun Catcher	Marchant C.C./Back Room
2 nd Tuesday	2:00-4:00	A Film Buff Odyssey	Marchant C.C./Middle Room
2 nd Tuesday	2:00-4:00	Coffee & Conversation about Books	Marchant C.C./Front Room
3 rd Tuesday	1:30-4:00	Agatha Christie Reading Group	Marchant C.C./Middle Room
4 th Tuesday	2:00-4:00	Armchair Travellers	Marchant C.C./Front Room
5 th Tuesday	2:00-4:00	iPad Sharers group	Marchant C.C./comfy chairs
Tues 28 Mar	4:30-5:30	Q+A: ZOOM – Staying Safe Online	Marchant C.C./Front Room
Wednesday am	9:30-11:30	Scrabble	Marchant C.C./Front Room
Every Wednesday	10:30-11:30	Belly Dancing	Marchant C.C./Middle Room
Wednesday pm	1:30-3:30	Mah Jong	Marchant C.C./Front Room
4 Weds from 8Feb	1:30-3:30	Basic Flower Arranging	Marchant C.C./Back Room
Thursday am	9:15-11:00	Be Connected/Making the Most of Your PC	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
1 st Thursday	11:15-12:15	Family History Interest Group	Marchant C.C./Middle Room
Thursday pm	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 nd Thursday	4:30-7:00	Video Viewers	Marchant C.C./Front Room
Friday			
Every Friday	10:00-11:00	Circle Dancing	Athelstone Community Hall
2 nd & 4 th Fridays	9:00-11:00	Walking Group	Meeting place tba
Fri 24 March	2:00-4:00	A Word or Two About Ephemera	Marchant C.C./Front Room
24 Feb, 14 April	1:30-4:00	Play Reading	Marchant C.C./Middle Room
Day and Time tba		Let's Do Lunch	Venue tba
Office OPEN Wednesday and Thursday: 9:15 to 11:15 am (NOT school holidays)			
Late enrolments 18 January, 9:15-11:30 am. Collect paperwork 25 January 9:15 – 11:30 am			Marchant C.C./Front Room
Leaders and Tutors Meeting and Morning Tea, 25 January from 10:00 am			Marchant C.C./Middle Room
Term 1 commences Monday 6 February – concludes Friday 14 April			
Annual General Meeting: Friday, 10 March, 2:00 – 4:00 pm			Marchant C.C./Front & Back Room
Board Meeting: Friday, 10 Feb, 24 March, 12 May, 28 July, 1 Sept 2:30-4:30, 10 Nov 4:00-6:00			Marchant C.C./Middle Room
Outings: Bay Discovery Centre, 17th February; Charles Sturt Museum 31st March			

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