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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



You might partake of a **pot** of tea or coffee whilst reading this bumper Autumn Edition of our Newsletter. There's a great deal to look forward to in Term 3.

We have also been very busy. Thank you to everyone, and especially Marie Galletta, who supplied articles and photos to Di Campbell, our Newsletter Editor. Without your pictures we would not be in the picture. Thank you to all our leaders for their ongoing dedication and contribution. Thank you, Di, for your high standard editing skills.

Some of our classes have experienced lower attendance, thanks to the ever-present COVID. I encourage you to keep your influenza and COVID immunisations up to date. See Page 4 for information about FREE flu shots for those over 65 at the ARC Campbelltown.

I am delighted to report that our Treasurer, Paddy McKay, is now at home and on the (slow) road to recovery after a ten-day stint in Intensive Care. We are looking forward to seeing you back at the Marchant Centre soon, Paddy.

Finally, what a joy to be able to congratulate our U3A Campbelltown South Australia member, and Mayor of Campbelltown, Jill Whittaker, who received an Order of Australia (OAM) in the King's Honours List for her outstanding contribution to Local Government and the Campbelltown community. Jill celebrates 20 years in Local Government this year and has served as Mayor since 2018. Well deserved, Jill - although we look forward to seeing you in that role for some time to come.



Cheers,

Glenda Sherwin-Lane,
 President U3A Campbelltown SA Inc
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CLASS NEWS

NEW CLASSES

SLOW WALKERS ON MONDAYS

Convenor: Janice Marshall, at Thorndon Park, 9:30 to 10:30 am

This group is for those who are walking with a stick, or maybe recovering from surgery, or would prefer a stroll rather than a heart pounding walk. As the group becomes more established, other venues may be used by general consensus.



SLOW WALKERS ON WEDNESDAYS

Convenor: to be confirmed, at Thorndon Park, 9:30 to 10:30 am

Another group for those walking with a stick, maybe recovering from surgery, or would prefer a stroll rather than a heart pounding walk. Please note at the time of going to press, **this group does not have a convenor**, so we are looking for a volunteer to take on the management. Please contact the Office to volunteer. This group will not go ahead if no-one volunteers. If you put your name down for it, you will be notified before Term 3 if it is to go ahead.

USING DIGITAL PHOTOS

Convenor: Kerrie Smith, Friday 11 August, 2:00 to 4:00 pm



Come along and bring examples of how you have used digital photos in photo books, tea towels, calendars, mugs, pencil cases, birthday cards, life stories, jigsaw puzzles, Christmas gifts and more. If you have never tried any of those, come and learn how they are done. We would like to have a display of items, and then have "owners" talk about the process of creating them. This session should at least get you started.



MAKING A JEWEL CHRISTMAS TREE

Convenor: Sue Croser

This class will take place in Term 4. Sue will contact those interested about a get together in Term 3 to discuss cost and what needs to be done in preparation. Don't forget to start collecting sparkly things to stick on the tree and add your details to the enrolment form if you have not already done so.



LUNCH AT THE MARCHE CLUB

Convenor: Kerrie Smith, Wednesday, 4 October, 12 noon to 2:00 pm

Cost is \$18 for a three-course meal and members may bring a guest. Payment is required on the day. Enrolments will close for this event at the end of Week 4 of Term 3. Please add your details to the enrolment form.

MELBOURNE CUP LUNCH

Convenor Kerrie Smith, Tuesday, 7 November, Marchant Centre, from 12:30 pm.

Estimated cost is \$15 and lunch will be catered by LAVA (Lions Against Violence, Athelstone). We will sell tickets for this event at the end of Term 3. Please add your details to the enrolment form.

PLAY READING



The play reading group were entertained by the Tea Tree Gully Players at their theatre on Yatala Vale Road on a wet autumn Friday night. The players were in a modern Australian play called 'The Appleton Ladies Potato Race'. The play highlighted how change does not always come easily and creates conflict in families and communities as people follow their own agendas. It was an evening enjoyed by the play readers.

The dates for Term 3 are Fridays, 25 August and 8 September, 1:30 – 4:00 pm.

WALKING GROUP

Convenor: Julie Stapleton

This group meets every Friday morning to walk approximately 7 km. At the moment, the plan for this group is to walk a creek a month, with one of the walks this term being at the First Falls, Morialta Conservation Park. Julie will contact any new members as to where to meet.



CIRCLE DANCING

The Role of the Centrepiece



The centrepiece connects us as a group to each other and to a dance theme. It also prevents our dancing circle from migrating around the room. Each week a Circle Dancer volunteers to prepare a centrepiece for the following week. The centrepiece on the left, Autumn Colours, was prepared by Margaret. Rita's centrepiece featured Garden Goodies and Dancing Life's Moments was Toni's theme.



Reflection by Class Members

Circle dancing is a wonderful opportunity to meet lovely ladies who also enjoy gentle movement to a variety of music.

Movement to music from around the world is relaxing and brings back beautiful memories. The well thought out session and thorough instruction by Lyn enables participation for any level of ability.

The dances are learnt quickly with fun and laughs along the way.

My soul is calmed yet recharged as well.

The coffee and chat afterwards at the local cafe (optional) is a great way for us to build a very friendly group.

I look forward to Circle Dancing every week.



BASIC FLOWER ARRANGING



What a popular course – flower arranging! The ladies in this group bring floral tributes from their gardens at home and arrange them so beautifully that they would give any florist a run for their money. Many different arrangements were created during the four-week class this term.



LET'S DO LUNCH



One of the newest U3A groups this year is proving a huge success with its participants. Many thanks to Jan Ness who runs Let's Do Lunch – a small group of people who enjoy the simple pleasure of going to lunch once a month to a different location, usually either a hotel or a café, and chatting with friends. The choice of venue is delegated to one of the members of the group, so that the responsibility does not lie solely with the organiser. On Friday 5 May, we enjoyed a hearty meal at the O.G. Hotel.

On Friday, 2 June, the group visited Fine Food Cucina in Meredith Street, Newton. This venue looks like a warehouse when you first walk in, but the food is really fine and quite delicious. Although there is no Senior's Menu, there are daily specials and the portions are rather large. However, take home containers are readily available, so you can enjoy a second helping of your chosen fare. If you like Italian cuisine, give this eatery a try. Unfortunately, they are not open at night, but do make take away pizzas until 8:00pm. Unfortunately, Let's Do Lunch is currently full and so cannot take any new enrolments.



RUMMIKUB

Playing Rummikub has become a favourite pastime on the first, third and fifth Tuesday of the month. This addictive game gets players so involved that they often do not want to go home and so we extend the time limit beyond the allotted two hours. It is an easy game to learn and suitable for all age groups, but you do need your wits about you as you plan your strategy to defeat your opponents. Why not come and give it a try?



GENERAL MEETING

The next U3A General Meeting will be held on Friday 18 August, from 2:00 to 4:00 pm. The guest speaker will be Phil Evans from the SA Metropolitan Fire Service who will provide us with information on home fire safety and we will learn how to minimise risks and prevent fires in our homes. The following topics will be addressed:

- Common causes of house fires
- Preparing for emergencies
- Reducing your fire risk
- Smoke alarms
- Using a fire blanket
- Home fire escape plans.



South Australian
Metropolitan Fire Service

It would be appreciated if members could please bring a small plate to share for afternoon tea.



The famous guest speaker at the General Meeting on Friday, 2 June, was none other than journalist and television presenter Ron Kandelaars, who kept us enthralled with anecdotes from some of the stories he has covered during his illustrious career in the media, from news reporting to freelancing to the popular tourism program Postcards from South Australia. Ron also recounted stories and episodes involving Keith Conlon and other personalities with whom he has worked during his many years as a journalist. Thanks to Diane Eichmann for organising such a compelling and interesting speaker for us.



GENERAL NEWS

CAMPBELLTOWN PIZZA FESTIVAL

The Campbelltown Pizza Festival returns in 2023, with some of the region's best pizza and pasta restaurants hosting events and serving up delicious menus to tantalise your taste buds. The festival will be held throughout the month of July to showcase the wonderful local pizza venues in the Campbelltown area. Participating pizza festival venues will be offering up pizza and pasta specials, and each venue may showcase South Australian entertainment. Details are available from the website:

<https://www.campbelltown.sa.gov.au/recreation-and-leisure/events-and-activities/pizzafestival>



SUSTAINABLE HOMES EXPERT WEBINARS

Are you looking for practical steps you can take to cut energy bills and make your home more comfortable all year round? Get the latest information from industry experts, Renew, in the sustainable homes expert webinar series, brought to you by your local Regional Climate Partnership, Resilient East, with Campbelltown City Council. The webinars are delivered on Tuesday and Thursday evenings from 6:30 to 8:30 pm via ZOOM. Full details are available from <https://www.resilienteast.com/sustainable-homes-webinars>

FLU SHOTS

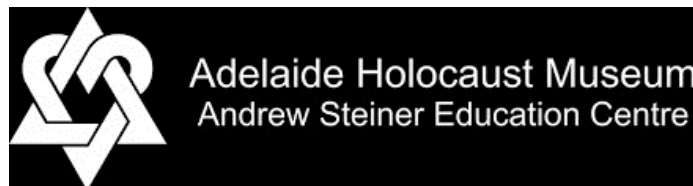


Protect yourself and your family against the flu and get immunised this flu season. Avoid busy GP waiting rooms and pharmacies this flu season and visit the immunisation clinic at The ARC Campbelltown provided by EHA for just \$22 (FREE for people over 65 years and over and people with a chronic medical condition). Bookings can be made online at www.eha.sa.gov.au/booking/start or by phone on 8132 3600.

Outings for Term 3 2023

ADELAIDE HOLOCAUST MUSEUM - ANDREW STEINER EDUCATION CENTRE

When: Friday, 4 August
Time: 10:30 am to 12:30 pm, meet at 10:15 am
Numbers: Maximum 25
Cost: \$8 (to be paid on the day)
Meet: Fennessey House, 33 Wakefield Street Adelaide
Lunch: TBA



Since 1990, Andrew has provided education about the Holocaust to secondary and tertiary students. The Adelaide Holocaust Museum and Andrew Steiner Education Centre, launched in 2020, is the culmination of Andrew's life work towards a fairer, more just and compassionate world. Learn about the Holocaust and South Australia's connection to it. The goal is to enable all young people and the wider community to learn about this tragic period in world history and to learn about the importance of being an upstander and promoting human rights for all of humanity. The museum's education programs, exhibitions, and collections will motivate visitors to develop ethical values and active citizenship, encouraging action against antisemitism and any form of hate.



ADELAIDE PLANETARIUM

When: Friday, 15 September
Time: 10:30 am start, meet at 10.15 am
Cost: \$13, payable in advance with enrolment
Meet: University of SA, Mawson Lakes Campus, University Boulevard
Transport: By private vehicle
Lunch: Mawson Lakes Hotel, 10 Main Street, Mawson Lakes

Based at UniSA's Mawson Lakes campus, just 16km from Adelaide CBD, the Planetarium offers a unique interactive experience to explore the universe, galaxy and solar system. The Adelaide Planetarium will take you on an immersive journey through space, with stars and constellations coming alive during the stunning night sky presentations and fulldome movies. The Planetarium projects a simulation of the night sky onto a domed ceiling where a highly experienced astronomer then takes you on a tour of the constellations, stars and planets. You will enjoy this celestial experience from the comfort of your chair where you can recline and gaze upwards without having to brave the elements.

DIARY DATES



Monday, 24 July – Term 3 commences
Fridays, 28 July, 1 September and 10 November – Board Meetings
Fridays, 4 August and 15 September - Outings
Friday, 18 August – General Meeting
Friday, 29 September – Term 3 concludes

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

OUT AND ABOUT



To finish off Term 1, Ros Reddaway organised a tour of the magnificent home of Captain Charles Sturt and his wife Charlotte at Grange. The intrepid explorer is remembered mainly for his historic expedition down the River Murray. It was very interesting to learn about his travel experiences, family and pastoral life, admiring the immense property he owned and cultivated. We were served a sumptuous morning tea to top off our outing.

On Friday, 12 May, Peng Ha Yeo organised three tables of guests to attend a delicious Chinese banquet at Ming's Palace in the city. This was a fundraising charity event in honour of the 25th Anniversary of the Council of Women of Diverse Cultural Backgrounds, attended by many illustrious women including Members of Parliament, entrepreneurs and business women, not to mention members of U3A Campbelltown.



Craft & Chat



On Thursday 25th May, we had a Cancer Council Biggest Afternoon Tea. We invited the French and Music groups to join us as well. A very enjoyable afternoon was had by all and we raised a magnificent sum of \$275. A very BIG THANK YOU to everyone who contributed. Going by the feedback received, this is likely to become an annual event.



The David Roche Foundation House and Museum on Melbourne Street, North Adelaide was well worth a visit. Being able to listen to a guide explain the numerous treasures owned by this Adelaide millionaire was absolutely fascinating. What an extraordinary man David Roche was and the wealth he accumulated during his lifetime, building on the family's foundation, was incredible! Most of us had no idea of the enormity of these priceless collections. If you have never been to this wondrous museum, it is highly recommended you make the effort to see it. You won't regret it.

After an exhaustive visit to the David Roche Foundation House and Museum, only a small number of attendees went to the Lion Hotel on Melbourne Street, North Adelaide to enjoy a delicious pub meal and discuss the many valuable items they had just seen on another memorable outing organised by Ros Reddaway. Well done, Ros! We truly appreciate your efforts in taking us to such interesting places.



U3A CAMPBELLTOWN ACTIVITIES, COURSES, GROUPS & OUTINGS TERM 3 2023

PLEASE NOTE that this list shows planned groups and classes for Term 3, 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
Every Monday	9:30-10:30	Slow Walkers on Mondays	Thorndon Park
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	9:45-10:35	Yoga1	Lutheran Homes Hall Glynde
Every Tuesday	10:40-11:35	Yoga2	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	11:35-12:30	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
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	1:30-4:30	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
Wednesday am	9:30-11:30	Scrabble	Marchant C.C./Front Room
Every Wednesday	9:30-10:30	Slow Walkers on Wednesdays	Thorndon Park
Every Wednesday	10:00-11:00	Belly Dancing	Marchant C.C./Middle Room
Wednesday pm	1:30-3:30	Mah Jong	Marchant C.C./Front 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
Every Friday	9:15-11:15	Walking Group	Meet in Marchant Car Park
Every Friday	10:00-11:00	Chair Yoga	Marchant C.C./Middle Room
Friday 11 August	2:00-4:00	Using Digital Photos	Marchant C.C./Middle Room
25 August, 8 Sept	1:30-4:00	Play Reading	Marchant C.C./Middle Room
Office OPEN Wednesday and Thursday: 9:15 to 11:15 am (NOT school holidays)			
Term 3 commences Monday 24 July – concludes Friday 29 September			
General Meeting: Friday, 18 August, 2:00 – 4:00 pm (Metropolitan Fire Service)			Marchant C.C./Front & Back Room
Board Meeting: Friday, 28 July, 1 Sept 2:30-4:30, 10 Nov 4:00-6:30			Marchant C.C./Middle Room
Outings: Adelaide Holocaust Museum, Friday 4 August Adelaide Planetarium, Friday 15 September			
Wednesday 4 October, Lunch, 12:00-2:00 pm (in the holidays)			Marche Club, Gorge Road

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