

Newsletter

U3A Campbelltown South Australia Inc.
Supported by Campbelltown City Council

No 79 | September 2023

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)
Office Postal Address: PO Box 359 Campbelltown 5074 (NOTE : PO BOX MUST BE USED FOR ALL MAIL)
Phone: (08) 8337 7940 **Email:** campbelltownu3asa@bigpond.com **Website:** www.u3acampbelltownsa.org.au



CAMPBELLTOWN
SOUTH AUSTRALIA

From the President



Another bountiful newsletter, looking to Term 4 and beyond – with some important news for you to digest. Please take the time to read, ensure you are fully informed, and ready for some fun.

Over the last week, I have had the opportunity to participate in two outstanding online discussions.

The first – the Voice to Parliament – and the referendum on 14 October 2023. How you choose to vote is entirely up to you – YES or NO – and this is not a forum to debate one way or the other. The most important thing is to make our decision based on good information – that's something we do very well at U3A Campbelltown South Australia. So, I am sharing with you several links to help you with your consideration. I have checked them out and make no judgment. I trust you will find them helpful. The links are listed on Page 6 of the newsletter.

Kim and the Constitution – Kim Rubenstein – constitutional expert and a professor of law at the University of Canberra. **This is an ABC Radio National Podcast well worth the listening.** (If you want to know more about Podcasts, please email the office and we will organize a workshop.)

And the second? How many of you know of Valerie Browning, former Adelaide nurse, married to an Ethiopian man, and giving her life, love and skills to the people of Afar, Ethiopia, where she is called "The Angel of the Desert." The region is beset by drought, pests, hunger and now cholera. She and her husband created the [Afar Pastoralist Development Association](#) (APDA). Listening to her tonight brought home to me how different her life might have been, and how much she values the life she is living – which she sees as a privilege. One of Valerie's major areas of focus is education and again, I reflect on how privileged we are to be able to continue our life-long learning, sharing our skills and experience in peace and comfort.

The September issue of [COTA Connects](#) features an article **The Joy of Informal Learning** – about U3A across Australia, written by U3A Queensland. I am sure you will find it both familiar and interesting.

Finally, we can rejoice that between us, we are bringing value to each other's lives. Our membership has passed 300. Together we provide friendship and **stay active – mentally, physically, and socially.**

Stay safe and well,

Glenda Sherwin-Lane,
President U3A Campbelltown SA Inc
☎ 0414 769 459, ✉ gsl-email@bigpond.com

Page 2 – Class News	Page 3 – Class News (Cont'd), New Class Enrolment Information
Page 4 – General Meeting, General News	Page 5 – General News (Cont'd)
Page 6 – Outing, Diary Dates, Referendum Links	Page 7 – Out and About
Page 8 – Term 4 2023 Timetable for Activities, Courses, Groups and Outings	

CLASS NEWS

NEW CLASSES

Training to Use the Defibrillator



When: Friday 22 September, 2:00-4:00 pm

Where: Marchant Centre, Front Room

Maximum: 30

For: Tutors and Leaders - General members will be accommodated if places are available

In response to requests, Glenda's daughter, Sue Hutton, Intensive Care Nurse Educator at the Royal Adelaide and Queen Elizabeth Hospitals, has volunteered to

provide us with training on the defibrillator. Tea/coffee and a light afternoon tea will be provided. **Enrolment by Thursday 21 September is essential** to assist with training and catering. Please notify the office of your attendance.

Get Online Week – Thursday 19 October

Glenda is delighted to advise that we have received a grant of \$1,000 from Good Things Foundation to hold an event during Get Online Week, which is designed to provide opportunities for seniors to get online safely and have some fun. **No cost involved.** Morning tea will be provided for registrants. **Registration by 12 October essential** to assist with catering and ensure we have sufficient devices for you to Come and Try. ***NB Be Connected/Making the Most of Your PC will not be held on 19 October.***



As part of Get Online Week – Thursday 19 October 2023 – 9:30am- 11:30am

Around the World in Eighty Minutes

Learn how to use Google Earth & Google Maps

In eighty minutes, travel to any part of the world on the big screen at
U3A Campbelltown South Australia,
Marchant Centre, 338 Gorge Road, Athelstone. (Bus route 178, Stop 35)

To rest, recuperate and avoid jet lag, enjoy Morning Tea after eighty minutes.

Learning How to Solve Cryptic Crosswords

Tutor: Denise O'Brien

When: Wednesday 8 November, 9:30-11:30 am

This session is designed for those who already enjoy doing cryptic crosswords, and for those who struggle with them. There will be opportunities to share your strategies and Denise is planning to share some of her own.

Air Dry Clay Christmas Ornaments



When: Fridays 17 and 24 November, 10:00 am-12:30 pm

Cost: \$10 in cash due at the first session to cover the clay, paint etc.

Learn how to use air dry clay (ADC) to make Christmas ornaments of your choice. You should be able to make 3-5 ornaments in the first session and decorate these in the second.

Wear old clothes or an apron. If possible, bring along a rolling pin, cookie cutters and a piece of baking paper about 30cm.

Classes will cover:

Week 1 - Using ADC to make ornaments of choice eg angels, stars, Santas, trees, tea light candle holders, etc. These can be personalised, eg an initial of the recipient.

Week 2 - Sanding and painting ornaments to finish.

Statewide Bulletin: New IT Tutorial Courses

A new series of tutorials about getting to know and love your computer is now on offer online. Rather than having to join a series, you can enrol in whichever of the five topics suits your needs. The topics are:

- 1 Organise Me
- 2 Photo World
- 3 iPad
- 4 Web Explorer
- 5 Search and AI

They are aimed at beginners in each of these areas, providing enough experience to help get you going independently. If successful, more topics will be added.

To see the details and to enrol, visit <https://u3asouthaustralia.org.au/courses-2/>

CLASS NEWS (Cont'd)

CURRENT CLASSES

Slow Walkers on Monday

Our new group has met each Monday in Term 3 at Thorndon Park and we complete two circuits in approximately one hour. We plan on starting at 9.15am in Term 4 and look forward to any new members joining the group.



Making a Jeweled Christmas Tree

When: Wednesdays Weeks 2 to 6, 1:30-3:30 pm

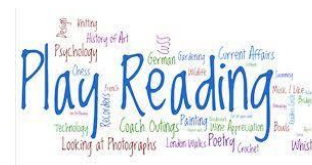
This group has met and are busy preparing items to start their Christmas tree decorating in Term 4.

Belly Dancing

There will be no classes during Term 4.

Play Reading

Term 4 dates are Fridays, 10 November and 1 December.



NEW CLASS ENROLMENT INFORMATION

Going Online with Member Wizard

At the end of this year, we are moving to a new system for enrolments. This will streamline the process and also bring some savings. We will keep you informed of changes as the end of the year gets closer.



Try out the Member Wizard Membership Portal for yourself.

The Board and a number of members have tried out the portal and we recommend you do the same. You can do this on your phone, or your iPad or tablet, or your computer. To do this you will need to be a registered member of Campbelltown U3A with an email address on our database.

1. Go to the Membership Portal at <https://member-portal.memberwizard.com.au> and input your email address that you use with U3A Campbelltown. Tap the **Check Email Address** button and follow the on-screen instructions.
2. The system will send a verification code to your email which you will enter on the screen.
3. Set your pin with a 4-digit number that you will not forget (year of birth is a good one).
4. Once you have access to the Membership Portal you should be able to see your registration details, a list of the classes you are enrolled in, as well as a list of everything that is on offer.
5. Please let us know if you strike problems.

Training Meeting for Member Wizard

If you are interested in trying enrolments on Member Wizard at the end of this year, we encourage you to attend the training session to be held at the Marchant Centre on **17 November 2:00-4:00 pm**. Bring your device that you have set up the Membership Portal on (see above) with you.

Enrolments for 2024

At the end of the year, we will be using Member Wizard to process our enrolments for 2024.

The Prospectus will be available in late November and there will be a newsletter at that time.

We will be holding enrolments days a little later than last year. Office volunteers and Board Members will be on hand to help do the enrolments. Please put **Monday 11 December 9:30 am–3:30 pm** or **Wednesday 13 December 9:30 am–12:30 pm** in your diary. More details will be sent out in November.

Please be assured that we will make every effort to make the process easy to do, and to accommodate and assist those who do not live online like some of us.

GENERAL MEETING

When: Friday 3 November, 2:00-4:00 pm

Guest Speaker: Tony Elliott

Topic: Somerton Man

Mystery of body on beach

All efforts by police to identify the body of a man which has been in the City Morgue since Wednesday, have failed.

Yesterday fingerprints of dead man were taken, but a search of police files showed he had never been in the hands



DO YOU KNOW this man?

Tony Elliott from Elliott Brothers Funerals is an enthusiast studying the case relating to the Somerton Man. He was found on Somerton Beach on 1 December 1948 unidentified and, through DNA, was officially identified on 26 July 2022. Tony owns an original facsimile of a fingerprint sheet of the dead man.

Members who have installed the Member Wizard Membership Portal (as above) can add themselves to classes. Why not try enrolling for the General Meeting on 3 November? Contact the office if you strike a problem.

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

GENERAL NEWS

Lunch at The Marche Club

When: Wednesday 4 October

Numbers have been finalised for this event. Those who have enrolled are reminded they will need to pay \$18 on the day, plus drinks. Attendees may arrive from 11:30 am with lunch starting at 12:00 noon.



Melbourne Cup Lunch

When: Tuesday 7 November

If you have already put your name down for this event, then you are on the roll. However, there are a small number of seats left but enrolments will close at the end of Term 3.

Christmas Morning Tea

When: Friday 1 December, from 10:00 am

Where: Dawn to Dusk Café and Restaurant, 67 Graves Street, Newton

Our Christmas breakup this year will be held on Friday 1 December at "Dawn to Dusk". Join us at 10:00 am for morning tea which will be available from the café. This will be an opportunity to catch up with other members and celebrate the past year. This year we are asking those members attending to bring a toiletry gift in lieu of having a Kris Kringle. These gifts will be donated to the Eastern Domestic Violence Centre for distribution.



Keep the Date! Friday 15 March 2024. Time to celebrate.



Yes, we have had a small, and significant, name change, but in March 2024, U3A Campbelltown South Australia is celebrating 20 years of **staying active – mentally, physically, and socially**. This will be held at the Campbelltown Council Function Centre from **2:00-4:00 pm**. More details will be forthcoming. In the meantime, please ensure this important date is in your diary so you can avoid making any other arrangements, then cast your mind to anyone you know who may have been a member in the past, even if a member no longer. Invite them to attend and give us their name and contact information so we can send an official invitation.



Emails with TPG, iinet or internode

If you have an email address with TPG, iinet or internode, you will likely be aware that they will no longer be providing email services from mid-September. Members who use this email service should contact their provider and see what they are offering in its place. If you have changed your email address as a result, please do not forget to keep us in the loop! To update your membership details, contact the office campbelltownu3asa@bigpond.com.

Community Conversation: Living with Dementia

For people living with dementia and their care partners

When: Tuesday 26 September 2023 10:30–11:30 am

Where: Campbelltown Library Lounge, 171 Montacute Road, Rostrevor

Cost: Free - Bookings not required

You are invited to join **Campbelltown Council and Dementia Australia** and connect in conversation about your experiences of living with dementia. We would love you to share your knowledge and experiences, and explore opportunities to strengthen our local community. We would like to talk about:

- what it's like living with dementia in Campbelltown
- what helps people living with dementia to stay living independently at home
- what are the gaps in understanding, support and services.

People living with dementia, family members and carers are all welcome.

For more information contact Bianca Connelly, Community Development Officer (Ageing Well) at Campbelltown Council on 8366 9272. Refreshments provided.



Don't Forget to Vote

A reminder that it is compulsory to vote in the forthcoming Yes/No Referendum on **Saturday, 14 October**. Voting may be done in person either on the day or earlier at some voting centres which will open from two weeks prior to voting day. For information on early voting, visit www.aec.gov.au/early. The website www.aec.gov.au/where will provide details of early voting centres. Postal votes are also available to eligible voters. Applications for postal voting are available at www.aec.gov.au/pva

Ageing Well in Campbelltown - Save these Dates!



In November 2023, Campbelltown Council will be celebrating Ageing Well in Campbelltown with a showcase of events, activities and an expo to share information with our community. U3A will be in attendance and more information will be available soon.

Launch and Ageing Well Expo:

1 November 2023

Ageing Well Program of Events:

Campbelltown Memorial Oval

1 - 30 November 2023

Ageing Well Showcase Celebration:

Throughout the Campbelltown area

30 November 2023

Campbelltown Function Centre

If you are interested in receiving regular updates on Active Ageing in Campbelltown, email Bianca on bconnelly@campbelltown.sa.gov.au

Annual Morialta Community Quiz Night

When: Friday, 3 November, 6:30-10:00 pm

Where: Campbelltown Function Centre, 172 Montacute Road, Rostrevor

For more than a decade John Gardner MP has organised an annual quiz night fundraiser for our community to show our support to the great work done by the Eastern Adelaide Domestic Violence Service. More than \$100,000 has been raised over the years and it has helped support many local women and families at the most vulnerable time in their life.

Jane Doyle OAM will be the special guest quizmaster this year. Please visit <https://www.trybooking.com/CJTBR> if you would like to get in early to book your table.

Outing for Term 4 2023

BEAUMONT HOUSE

When: Friday 27 October

Time: 10:30 am to 12:00 noon, meet at 10:15 am

Numbers: Minimum 15

Cost: \$15 each

Meet: Beaumont House, 631 Glynburn Road, Beaumont, at the end of the rose garden path.

Lunch: TBA

Beaumont House, owned by the National Trust of South Australia, is a State Heritage listed property built in 1849 as Claremont by Bishop Augustus Short and his wife, Millicent. Bishop Short was the first Anglican Bishop of Adelaide. From 1857, it was the home of Sir Samuel Davenport and his wife, Margaret. Sir Samuel was a politician, horticulturist and pioneer of the olive oil industry in South Australia. In 1907, Major William Vincent and his wife, Alice, were the owners; followed in 1911 by lawyer Richard Bennett KC and his wife, Lilian. Richard died in 1929 and Lilian married Mr Kenneth Brock in 1936. The property was bequeathed to the National Trust in 1970 by the Brocks.

The house has a distinctive Mediterranean character, with an open brickwork parapet in soft terracotta colours, with a central flat roof, originally accessed by a staircase.



DIARY DATES



Monday, 16 October – Term 4 commences

Friday, 27 October – Outing

Wednesday, 1 November – Ageing Well Expo

Friday, 3 November – General Meeting

Friday, 10 November – Board Meeting

Friday, 17 November – Training Meeting for Member Wizard

Friday, 1 December – Christmas Party

Monday, 11 December – 2024 Enrolment Day

Wednesday, 13 December – 2024 Enrolment Day

Friday, 15 December – Term 4 concludes

Friday, 15 March 2024 – 20th Birthday Celebration

LINKS RE REFERENDUM

Below are the links which you may wish to peruse regarding information relating to the forthcoming referendum:

<https://deakin.libguides.com/voice-to-parliament/no>

<https://www.aec.gov.au/referendums/>

<https://www.aec.gov.au/media/disinformation-tactics.htm>

<https://www.aec.gov.au/media/disinformation-register-ref.htm>

<https://ulurustatement.org/education/faqs/>

<https://ulurustatement.org/education/resources/>

<https://ulurustatement.org/training/#/>

<https://ulurustatement.org/education/translations/>

<https://www.abc.net.au/news/2023-07-19/fact-check-yes-no-campaign-pamphlets-aec/102614710>

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

OUT AND ABOUT



The Bone Density – Jumping in the Park have continued to brave the elements during winter and enjoy a cuppa at Indigo Espresso Café afterwards.



The Play Reading group recently attended the play *Cosi* by Louis Nowra put on by the Tea Tree Gully Players. *Cosi* is a play set in a psychiatric institution in the 70's where a director is given the task of pulling together a play using the talent from the ward. It was a very amusing play. Before the play, the group enjoyed a delicious lunch at Pasta Deli.

The play *Women of Twilight* was the drama we studied in August. It is a journey into post War London where unmarried women with babies were shunned and victimised with terrible results.



On Friday 28 July a few U3A Campbelltown members who are enrolled in the Let's Do Lunch group travelled to The Gully Public House & Garden at Tea Tree Gully, where the delightful company enjoyed a delicious pub meal and lots of chatter in the relaxed atmosphere of the charming, historic hotel which was established in 1854.

What an interesting outing was had on Friday 4 August when we visited the Adelaide Holocaust Museum and Andrew Steiner Education Centre in Wakefield Street. The museum is crammed with information and exhibits about World War II, the victims and survivors of the Holocaust. We had the privilege of meeting Eva Temple who shared her story with us: telling us about the loss of her parents at a tender age, surviving the concentration camp thanks to her grandmother, being adopted after the war, before being reunited with relatives in England and finally coming to Australia. Eva was happy to be photographed with the group outside the museum, as was Tomaz who was our guide and informative speaker on the day.

A short walk to the Wakefield Hotel, found some of us having lunch in the back room.



The General Meeting held on Friday 18 August was very well attended by members eager to hear guest speaker, Philip Evans, from the Metropolitan Fire Service talk about the importance of Home Fire Safety. He was keen to answer the many questions posed to him and handed out fridge magnets and information brochures to the attendees. A most impressive demonstration of a kitchen fire in an electric frypan and how to smother it with a fire blanket drove home the fast action and presence of mind required in an emergency situation, along with the details needed to be given to the respondents to a 000 call.

The meeting was followed by a lovely shared afternoon tea.



U3A CAMPBELLTOWN ACTIVITIES, COURSES, GROUPS & OUTINGS TERM 4 2023

PLEASE NOTE that this list shows planned groups and classes for Term 4, 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	9:15-10:15	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
8 Nov	9:30-11:30	How to Solve Cryptic Crosswords	Marchant C.C./Middle Room
Wednesday pm	1:30-3:30	Mah Jong	Marchant C.C./Front Room
Weeks 2-6	1:30-3:30	Making a Jeweled Christmas Tree	Marchant C.C./Middle Room
Thursday am	9:15-11:00	Be Connected/Making the Most of Your PC	Marchant C.C./Front Room
19 Oct	9:30-11:30	Get Online Week	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	9:15-11:15	Walking Group	Meet in Marchant Car Park
Every Friday	10:00-11:00	Circle Dancing	Athelstone Community Hall
Every Friday	10:00-11:00	Chair Yoga	Marchant C.C./Middle Room
17 & 24 Nov	10:00-12:30	Air Dry Ornaments	Marchant C.C./Back Room
10 Nov, 1 Dec	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 4 commences Monday 16 October – concludes Friday 15 December			
Outing: Beaumont House, Friday, 27 October			
General Meeting: Friday, 3 November, 2:00 – 4:00 pm (The Somerton Man)			
Member Wizard Training: Friday, 17 November			
Board Meeting: Friday, 10 November, 4:00 pm			
Christmas Morning Tea: Friday, 1 December			
Enrolments 2024: Monday, 11 December and Wednesday, 13 December			