



January – June 2023

Number 25

## FROM THE PRESIDENT

This year has been challenging in maintaining our membership partly due to COVID19. However, we are still averaging 40 members who come to our Guest Speaker meetings each week. Our Program Co-ordinators Freda Beresford and Jane Frankham have provided us with excellent speakers who covered a wide range of interesting topics.

Meryl Thompson is our Publicity Co-ordinator and has worked hard in trying to attract new members. Our message has been spread far and wide, including our website, and there has been some interest but we still need to recruit more to maintain our numbers. A new initiative presented to us to start weekly Circle Dancing classes at the West Lakes Library is hoped to be a catalyst to attract new members as well as providing our current members with a new experience.

We also have Special Interest groups, such as: Poetry, Creative Writing, History, Current Affairs, and Book Club which have maintained a good level of interest. In addition, our monthly Coffee and Chat at the Lockleys Hotel have been well attended. After several years of monthly guided tours of the Botanic Gardens by June Littleford this activity will be discontinued next year. I wish to thank June for the time she has put in to give our members this opportunity to learn more about the gardens.

Finally, I would like to thank the Committee and everyone who has contributed in some way to make U3A Charles Sturt a place where our members can be socially connected, while exercising their minds with learning opportunities.

Cherie and I extend a very Merry Christmas and a Happy New Year to you all and look forward to seeing you at our Christmas lunch on 13<sup>th</sup> December and at Enrolment Day on 31<sup>st</sup> January 2023.

**Colin Levy**



## CONTACT DETAILS

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Phone Number: 0402 063 994

Guest Speaker Meetings:  
Tuesdays: 1:30 – 3:00  
Fulham Uniting Church  
Madeline Cres, Fulham

Special Interest Groups Meet at  
Fulham Uniting Church  
Madeline Cres., Fulham

## OFFICE BEARERS

President: Col Levy  
Acting Vice President:  
Meryl Thompson  
Treasurer: Aldis Auliciems  
Secretary: Pauline Lane  
Public Officer: Pam Fidler

## COMMITTEE MEMBERS:

Joan Thomas  
Melva Tripodi  
Cherie Levy  
Michelle Peake

*Guest Speakers:* Freda Beresford,  
Jane Frankham

*Outings:* Cherie Levy

*Website/Records:* Pauline Lane

*Photos:* Nancy Deering

*Caterers:* Cherie Levy and Melva Tripodi

*Publicity:* Meryl Thompson

*Newsletter:* Don Wright

*Auditor:* Allan McDonald

*U3ASA Delegates:* Sandra & Steven Carr

## GUEST SPEAKER PROGRAM

### Co-ordinators: Freda Beresford & Jane Frankham

Freda and I hope you have found interest in and enjoyed the Tuesday speakers throughout the year. This year we have had a mix of topics, including John Welford talking about the rigours of the Kakoda track which certainly inspired our members.

Janet Leigh gave a splendid account of her walk from Hamburg to Rome, after which she gave a great rendering of "Amazing Grace".

We are gathering speakers for 2023, and so far have booked an Abalone diver, and the husband of our South Australian Governor, amongst others.

We welcome interest from our members, with speaker ideas, and for any member to speak on any subject.

### Jane

Every Tuesday during school terms, 1.30 – 3.00pm @ Uniting Church Hall, Madeline Cres, Fulham

## SPECIAL INTEREST GROUPS

In addition to the weekly guest speaker, U3A Charles Sturt has five interest groups that meet monthly. If you have an interest that you would like to pursue with several other members, please contact the committee.

## BOOK CLUB

### Convenor: Annette Day

"*Barbed Wire and Cherry Blossom*" by Anita Heiss is based on an historical fact that on the 5th August 1944 over 1,000 Japanese soldiers broke out of the Prisoner of War Camp based near Cowra. Hundreds of Japanese were killed, many recaptured and some took their own lives.

The book is mainly about one escapee, Hiroshi, who kept running for miles until he collapsed, exhausted, and was found by an Elder living on an Aboriginal Mission. How Hiroshi is hidden and fed until the war is over is unbelievable but we enjoyed the read and had plenty to discuss.

"*The Lost Man*" by Jane Harper. Her research on Outback life and visiting the Outback enabled her to brilliantly convey the feeling of desolation, blistering heat, freezing cold, dust storms, fires, droughts, flooding rains, how the light can play tricks, never leave your car, never leave home without emergency supplies. Loneliness can play havoc with people's minds.

A hard working young station owner is missing. Eventually found dead near his car. But he knew all the Outback rules and some thought he was lured to his death. The search for the truth kept us guessing.

A good read.

"*Badass Women - Sheilas of Australian History*" by Eliza Reilly. A beautifully presented hard cover book with interesting artwork and elegantly "framed" photos.

Not many women feature in Australian history books and the author sought out women who were troublemakers in their time but changed the way of life in Australia and sometimes the world. She chose 10 women. The first, a NSW bushranger, Mary Ann Bugg, in the 1860's. She was greatly feared and successful but had been educated whilst a child in an orphanage and later studied to become a nurse in another state. Others were sports women seeking acceptance to compete; an early female pilot trying for a commercial licence; health and mental health advocates; political activists. Some of the activists would end up in jail themselves. They were very interesting, brave women. If the author hadn't used so many unnecessary swear words we would have appreciated the book much more.

4<sup>th</sup> Thursday of the month 1:30 – 3:00pm @ Fulham Uniting Church Small Meeting Room, Madeline Cres. Fulham

## CREATIVE WRITING

**Convenor: Ann Edwards**

Creative Writing numbers have been hit by Covid and holidays. However, the “band is back together” and some excellent creative writing has emerged. A special mention must be made of some great talents for poetry and what a joy that is. The group has been focused on personal topics as memories for family, but now we move on to placing our characters into different situations. A great year ahead.

**2<sup>nd</sup> Thursday of the month 12 noon – 1:15pm @ Fulham Uniting Church Small Meeting Room, Madeline Cres. Fulham**

## POETRY APPRECIATION

**Convenor: Terry Paterson**

During the past year the poetry group has grown and maintained its popularity. Attendees have also found this pleasurable activity provides educational, social and mentally stimulating benefits.

Members are urged to give this activity a try in the New Year !

The first meeting for 2023 will be on Thursday 2nd February 1:30 to 3:00pm.

**1<sup>st</sup> Thursday of the month 1:30 – 3:00pm @ Fulham Uniting Church Small Meeting Room, Madeline Cres. Fulham**

## HISTORY

**Convenor: Nancy Vasileff**

2nd Semester '22

Our history group can proudly announce a decade of enthusiastic exploration.

Over the many years the group have delivered much diversity in their deliberation of various facets of history.

This past semester we have explored the West Indies, then 19<sup>th</sup> Century notable people such as: Sigmund Freud and Psychoanalysis; William Wilberforce, politician and leader in the abolishment of the slave trade; Howard Florey and Penicillin; and Winston Churchill, statesman, soldier and Prime Minister.

Do feel free to attend our group as a participant or visitor!

**2<sup>nd</sup> Thursday of the month 1:30 – 3:00pm @ Fulham Uniting Church Small Meeting Room, Madeline Cres. Fulham**

## CURRENT AFFAIRS

**Convenor: Pauline Lane**

We are a small group, and enjoy a lot of banter, however, we find these discussions to be intellectually stimulating, thought provoking and have broadened our knowledge.

All members are welcome to attend and join in the discussion - or just listen if they wish.

Topics range from local events and national politics to international events.

**3<sup>rd</sup> Thursday of the month 1:30 – 3:00pm @ Fulham Uniting Church Small Meeting Room, Madeline Cres. Fulham**

## COFFEE AND CHAT

**Convenor: Col Levy**

This activity continues to provide members with an opportunity to meet socially each month. It has proved to be very popular by those who have attended where our numbers are averaging 12.

**We meet at the Lockleys Hotel on the 3<sup>rd</sup> Friday of each month at 10:30am during school terms**

The Coffee and Chat dates for Terms 1 and 2 for 2023 are as follows:

Friday 17 <sup>th</sup> February	Friday 17 <sup>th</sup> March
Friday 19 <sup>th</sup> May	Friday 16 <sup>th</sup> June

**3<sup>rd</sup> Friday of the month at 10:30am @ Lockleys Hotel, Entrances from Henley Beach and Tapley's Hill Roads**

## U3ASA

**Representatives: Sandra and Steven Carr.**

I attended Hybrid meetings ( face-to-face and Zoom ) in July and in October.

The Statewide online education courses are continuing , but they would like more members to join.

All members need to encourage new members to join our U3A , so that the U3As can remain viable and continue to support the well-being of our community.

**Sandra**

**U3ASA Statewide Zoom courses** are continuing into 2023. New ones appearing in January-February.

**See Statewide Courses at [u3asouthaustralia.org.au/courses-2/](https://u3asouthaustralia.org.au/courses-2/)**

Enrolment can also be completed from this address. When dates are not yet set, you can still enrol and the tutor will be in touch in the new year with details of the course.

You can subscribe to the Courses Bulletin which is a critical means of keeping members up to date with Statewide opportunities. **Subscribe: <https://airtable.com/shrDoaZi9uzfmBS93>**

## BOTANIC GARDENS WALKS

**Convenor & Guide: June Littleford**

I have been taking members for strolls in the Adelaide Botanic Gardens each month for several years but it's becoming harder to find a day which suits most people, so I have decided not to continue next year.

We have had interesting walks and have seen many beautiful plants. It's always enjoyable to be out in the fresh air.

Free guided walks are available at 10:30am any day from the information centre at the Adelaide gardens. You can request to see a special plant or area. Thank you to all the members who came on my Monday walks.

I really enjoyed sharing my knowledge with you.

**June**



## OUTINGS

**Co-ordinator: Cherie Levy**

### **VISIT TO SHARK MUSEUM - 27<sup>th</sup> October 2022**

On 27<sup>th</sup> October 2022, 15 members of our group visited the well presented and informative Rodney Fox Shark Museum. This collection tells the story of Rodney Fox, who was bitten by a shark off Aldinga in 1963.

The museum is the resultant display of his interest and shows why SA has become acknowledged as the home of shark cage diving. The first shark cage which he devised, designed and built is his contribution to the iconic film *Jaws*. He is now recognised worldwide for his work, and his son now operates cage diving tours off Neptune Islands out from Port Lincoln for people interested in observing sharks.

Our two tour guides were excellent and we learned so much from this short visit and we were in awe of the comprehensive and unique collection, including a display of sea artefacts from other parts of the world, as well as a few relics from the *Titanic*.

Rodney's conservation work is ongoing and they are helping to change the attitude towards sharks from fear, to respect, and their environment. On average only 10 people are killed by sharks annually in the world.

The visit was very enjoyable and provided so much information on sharks.

**Annette Aird**



### **CHRISTMAS LUNCH**

Lockleys Hotel -- Tuesday 13<sup>th</sup> December at 12:30pm

\$30 Seniors Christmas lunch Menu - includes a choice of three mains and two deserts plus a drink.

Book with Cherie.

### **ENROLMENT DAY**

Tuesday 31<sup>st</sup> January 2023 1:00 - 3:00pm at Fulham Uniting Church. 16 Madeline Cres. Fulham.

2023 Fees: \$60 Single or \$90 Couple. **Cash please.**

**PLEASE BRING YOUR COMPLETED 'ENROLMENT FORM'**

### **FIRST MEETING**

Tuesday 7<sup>th</sup> February 2023 1:30 - 3:00pm at Fulham Uniting Church

## NOTICE BOARD

This "Notice Board" is intended to provide the opportunity for any of our members to place a notice of interest to our U3A or any like organisations

### **ANNUAL GENERAL MEETING**

Tuesday 21<sup>st</sup> March

A vibrant committee is a must for a successful U3A. Please think about joining the hard working committee. There will be several vacancies on the committee at the AGM. The committee meets on the 4<sup>th</sup> Tuesday of the month at 3:15pm.

### **CIRCLE DANCING**

Plans are well underway to start our Circle Dancing classes between 10 and 11:30am on Thursday 9<sup>th</sup> February 2023 and each Thursday during school terms.

Location: West Lakes Library (Ngutungka), 9 Charles St, West Lakes

Cost: \$2 per week for U3A Charles Sturt members

New participants can attend once, then they need to join our U3A for \$60 or \$90 per couple. This would ensure that they are covered under the U3ASA insurance and are eligible for all U3A activities.

Come and try it! It is low impact and suitable for our age group. It is not 'line dancing' or Zumba, and benefits include improving movement, balance and fitness, and is good fun.

### **RECYCLING BOXES**

Don't forget that there are 4 boxes in the foyer for recycling particular items.

**PLASTIC BREAD TAGS** - will be sent to Robe to be made into bowls.

**PENS etc** - felt tip pens, biros, batteries, mobile phones, ink cartridges will go to Office works (Batteries & mobile phones can also be left in a bin at Woollies).

**ORAL HYGIENE** - are posted free to Colgate. Toothbrushes, brushes only from electric toothbrushes, interdental brushes, floss containers, washed out toothpaste tubes with the lid on (cut off the bottom of the tube for easier cleaning).

**BLISTER PILL PACKETS** - will be sent to Terry White Pharmacy in Melbourne Street, North Adelaide.

### **NEW RECYCLEING STATION at Hindmarsh Library**

This uniquely built station is a joint project between Dave Glazbrook of Sustainable West, **19 on Green** Community Centre, and the **City Of Charles Sturt**.

You may have already dropped off your used batteries or mobile phones at one of our libraries or community centres, but this new station takes it one step further. From now on, you'll also be able to drop off items such as spectacles, spent cosmetics, oral care, pens and markers, cables and connectors, small electronics and even old X-ray films at the library.