



Staying in Touch

No.5

April 2021

FROM THE PRESIDENT

From 31 March 2021 the government has advised that we can increase the total number of people allowed in our hall to 75. However, if we go with this number then 100% of our members would be required to wear face masks. If we reduce the numbers in attendance to 75% of our regular capacity, ie, 56.25 (57) then no face masks will be required.

To date, we rarely have to turn members away when we have limited the number to 50. Therefore, from 27th April when the next term commences there will not be a requirement to ring Geraldine on the Monday to book in. Should we exceed the 57 we have choices to make:

- We revert back to the pre booking system, for which I no longer favour as it is too big a commitment to Geraldine or anyone else to spend each Monday by the phone.
- We all come to the meeting with our own masks and be prepared to wear them (we can provide some, if necessary), should we exceed the 57.

Members will not be required to check in with the QR Code as our record of attendance will enable contact tracing should it be necessary. Of course, guests as well as our guest speaker should be added to the attendance list, including their contact details.

Cherie will be the COVID19 Marshal in the foyer and Jennifer the COVID19 Marshal in the hall.

I look forward to catching up with you all next term.

Col Levy

CONTACT DETAILS

Email: u3aCharlessturt@hotmail.com

Website: www.u3aCharlessturt.com

Telephone: 0402 063 994

Guest Speaker Meetings: Tuesdays:
1:30 – 3:00

Fulham Uniting Church Hall
Madeline Cres, Fulham

Special Interest Groups meet at
Bower Cottages
200 Bower Road,
Semaphore Park
and
Fulham Uniting Church Hall
Madeline Cres, Fulham
and

Botanic Garden, North Tce, Adelaide

OFFICE BEARERS

President: Col Levy
Vice President: Jennifer Brown
Treasurer: Aldis Auliciems
Secretary: Pauline Lane

COMMITTEE MEMBERS:

Cherie Levy
Melva Tripodi
Joan Thomas
Linda Thornett

Public Officer: Pam Fidler
Program Co-ordinator: Geraldine Smith
Outings: Ros Emms
Website/Records: Pauline Lane
U3ASA delegates: Sandra and Steven Carr
Caterers: Cherie Levy, Melva Tripodi
Publicity: Linda Thornett
Newsletter: Jennifer Brown & Committee
Auditor: Allan McDonald

Annual General Meeting

was held on 23rd March prior to our Guest Speaker. A big thank you is extended to retiring members Geraldine Smith (7 years) and Anneliese Griffin for their hard work while they were on the committee. Geraldine Smith will continue as Guest Speaker Program Co-ordinator until the end of the year, and Ros will continue to organise Outings until the end of the year. Welcome to our new committee member Joan Thomas. Colin Levy will continue as President, Jenifer Brown as Vice President, Pauline Lane as Secretary and Aldis Auliciems as Treasurer.

Your Committee



Back row: Melva Tripodi, Cherie Levy, Colin Levy, Jennifer Brown
Front row: Joan Thomas, Pauline Lane, Linda Thornett
Absent: Aldis Auliciems

Member Profile



Joan Thomas

My husband and I came to Australia in 1963 with our two small sons, we then had two more children – son and daughter. After raising my family I returned to the workforce with a wholesale finance company for over 12 years before retiring. I then worked in child care for a few years until my own grandchildren arrived and again I retired to baby sit etc.

Married to my husband for 59 ½ years we enjoyed many driving holidays around this wonderful country and also took many cruises.

Since being introduced to U3A I have enjoyed the great speakers and social interaction with members. I look forward to helping on the committee in some small capacity and meeting more of our members.

My hobbies are: reading, gardening and playing with my rescue dog Boston.

****New Name Tags were distributed on Enrolment Day. The name tags have provision for emergency contact details on the reverse side. Please ensure that these details are filled in.***

Remember to wear your name tag to all U3A activities*.

Guest Speaker Program

The Guest Speaker Program continues **1:30 – 3:00pm**, at Fulham Uniting Church Hall, Madeline Cres, Fulham. From 27th April when the next term commences there will not be a requirement to ring Geraldine on the Monday to book your seat. Think about putting a mask in your pocket to be used should we exceed 57 members. Cushions will not be available for chairs but you are welcome to bring your own. As COVID19 requirements are changed from time to time we will keep you informed as to how that will affect us. The Term 2 Program is now available.

Special Interest Groups

are meeting at, Bower Cottages, 200 Bower Road, Semaphore Park.

- Poetry** 1st Thursday 1:30 - 3:00,
- Creative Writing** 2nd Thursday 12:00- 1:15,
- History** 2nd Thursday 1:30—3:00,
- Current Affairs** 3rd Thursday 1:30- 3:00,
- Book Club** 4th Thursday 1:30-3:00.

A parking area is behind the building, entry to the car park is from Kingfisher Drive. There is a small parking area beside the cottages on Bower Road in the Child Centre Car Park.

Music Appreciation is held at the Church Hall, 3:15 – 4:15 on the 3rd Tuesday of the month.

Botanic Garden Walk - 2nd Monday of the Month at 11:00 – 12 noon at Botanic Gardens. A gold coin donation appreciated.

Coffee and Chat at Lockleys Hotel 10:30am on the 3rd Friday of the month

Outings



U3A CHARLES STURT - GROUP OUTING
MONDAY 3RD MAY, 2021 @ 12 NOON

MOUNT LOFTY BOTANIC GARDEN
16 LAMPERT RD, CRAFERS

Join us for a picnic lunch, followed by a guided walk to view the autumn splendour **AROUND THE LAKE** at Mount Lofty Botanic Garden. **BRING YOUR OWN LUNCH AND FOLDING CHAIR.** A donation of \$2.00 on the day to the Botanic Gardens of Adelaide would be appreciated. The tour will be conducted by our member June Littleford, a guide with the Botanic Gardens of Adelaide. **THE WALK IS ON LEVEL, WHEELCHAIR-/WALKER-FRIENDLY PATHWAYS.**

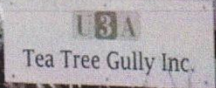
A CAR POOL IS BEING ORGANISED FOR THOSE WHO DO NOT WISH TO DRIVE TO CRAFERS. PLEASE ADVISE ROS IF YOU REQUIRE A RIDE. FULL DIRECTIONS WILL BE SENT CLOSER TO THE DAY OF THE OUTING.

IF YOU HAVE NOT ALREADY INDICATED THAT YOU WILL BE ATTENDING AND WOULD LIKE TO JOIN IN, PLEASE CONTACT **ROS EMMS** ON **0437 320 337** (or email roscemms@hotmail.com). **RSVP no later than Friday 23rd APRIL.** THANK YOU.



RENDEZVOUS 2021

Bookings open July 1st



TUESDAY OCTOBER 5, WEDNESDAY OCTOBER 6, THURSDAY OCTOBER 7

WHERE ARE THE WOMEN ARTISTS IN HISTORY?



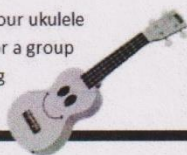
They were there and some were successful. Come and listen to the stories of their lives, view their works and learn more about their times.

PHOTOGRAPHY

Like to learn about composition, the rule of 3? Hear a few guidelines of colour theory to improve your photos.

UKULELE

Bring your ukulele along for a group singsong



MUSCLES IN MOTION

Come and get fit, lose some calories, have fun and release those feel good endorphins. Stretching, dancing, walking, balance, light weights.

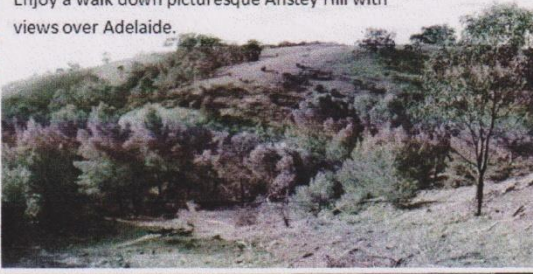


TAI-CHI

Learn some of the basics of this low impact exercise with a series of movements which can help, balance, strength, flexibility, posture with a relaxing meditation.

ANSTEY HILL WALK

Enjoy a walk down picturesque Anstey Hill with views over Adelaide.



GEOLOGY

We'll get the microscopes out and have an interesting afternoon of discovery.

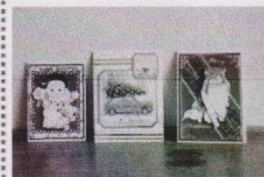
SINGING WITH THE STARS

Whether you have a great voice or not, come along and have fun singing or just listening to your favourite artists with lyrics and video on the big screen.



CARD MAKING

Get some ideas for making personalised greeting cards.



NEWMANS NURSERY

View one of Adelaide's oldest Nurseries with speciality Camelias, Roses, Lavenders Fruit trees



CONTRACT BRIDGE

Call up your best players and see who are the U3A SA champions.

BOARD GAME-ON

Come and enjoy some healthy escapism and enjoy the relaxing social aspect of playing with others and learn some new games in a friendly atmosphere.

Open each day all day



Invitation

from U3A Inner North to attend,
"A Day in the Life of a Vine", presented by *Bob Barrett* who was a lecturer in viticulture at
Roseworthy.

To be held every Tuesday morning in August (9.30am, for 5 Tuesdays) at
Enfield Community Centre, 540, Regency Rd.

There are more details on U3A Inner North website u3ainnernorth.org.au

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Henry O'Brien enjoying his 93rd birthday muffin cake.



*We hear that one of our members celebrated her 90th birthday in style with a trip to
KI with her sons.*

*We wish a speedy recovery to any of our members who are having or have had operations or have
been on the "sick" list.*

What's on in the Library



Charles Sturt Library has a lot of Free Programs available, check out:-

www.charlessturt.sa.gov.au/community/library/events-and-programs

The Digital Learning Hub offer **One on One** at various Library Locations where technology problems can be solved in a friendly helpful environment.

The Digital Learning Hub is also offering sessions on:

How to Stream Movies

How to Stream Podcasts

How to Stream Music

How to Manage Photos

On Saturday 10th April at 10:30 is a Compost Workshop at the Civic Library

On Sunday 18th April at 1:00pm is a meet and talk with author of Quick as a Wink, Virgilio Goncalves

There is a Blend Art Exhibition at the Hindmarsh Library this month

Booking need to be made for all these sessions. For further information check the council web site or phone
8408 1111

Wit and Humour

A shepherd was herding his flock in a remote pasture when a brand new BMW came out of a dust cloud towards him. The driver, a smartly dressed young man, leaned out the window and asked the shepherd, "If I tell you exactly how many sheep you have in your flock, will you give me one?" The shepherd looked at the man, then looked at his grazing stock and calmly answered sure.

The man parked his car, whipped out his laptop computer, connected it to a mobile phone and surfed to a NASA page on the internet where he called a GPS satellite navigation system, scanned the area, opened up a data base and a computer spreadsheet with complex formulas. He sent an email and after a few minutes, received a response.

Finally he printed out a 150 page report on his hi-tech miniaturised printer then turned to the shepherd and said, "You have exactly 1586 sheep".

"That is correct, take one of the sheep" the shepherd said. He watched the young man select one of the animals and bundle it into his car. Then the shepherd said "If I can tell you exactly what your business is, will you give me back my sheep"?

"Okay, why not" answered the young man.

"Clearly you are a consultant", the shepherd said.

"That's correct", answered the young man, "but how did you guess that".

"No guessing required", answered the shepherd. "You turn up here, although nobody called you. You want to get paid for an answer already known, to a question I never asked and you don't know anything about my business. Now give me my dog back".

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Puzzle Corner Answers

Unscramble these Adelaide Suburbs:

- | | |
|------------------|-----------------|
| 1. GENGAR | 1 Grange |
| 2. ROPTEOA | 2. Taperoo |
| 3. NYNOTNES | 3. Tennyson |
| 4. NELHYE ABCEH | 4. Henley Beach |
| 5. OHAMSREPE | 5. Semaphore |
| 6. ELGGENL | 6. Glenelg |
| 7. LAVGELINL | 7 Glanville |
| 8. TRPO EIADDLEA | 8 Port Adelaide |

Unscramble these things at the Bay

- | | |
|---------------|---------------------------|
| 1. MTAR | 1 Tram |
| 2. EKARWTREAB | 2 Breakwater |
| 3. FLUOBFA | 3 Buffalo (but it's gone) |
| 4. RESCOLAU | 4 Carousel |
| 5. GREIBD | 5 Bridge |
| 6. TEYJT | 6 Jetty |
| 7. HNOCAR | 7 Anchor |
| 8. AMINAR | 8 Marina |

Please keep your contributions coming in.



U3A is a learning co-operative of 'Third Age' people (people who are over 50 and no longer working full time or retired). It is a self help and non-profit organisation that encourages a positive approach to ageing by enhancing self esteem and independence and by sharing experiences including educational, creative and leisure activities

Kindly printed by the Office of Matt Cowdrey OAM MP Member for Colton