

A very happy New Year to everyone and welcome to our first newsletter for 2025. We hope you had wonderful holiday break and are ready to resume with U3A's program of activities, old and new.

Registrations for 2025 are well underway, with the new payment system proving to be straightforward for all involved. Many renewals were received at our enrolment day on 15th January.

So, if you haven't already done so, please re-enrol now to avoid missing a place in your favourite activity, although several groups still have vacancies. Information is available on our website and hardcopies available from the Strathalbyn Neighbourhood Centre and the Community Library in Colman Terrace.

### GOAL SETTING FOR 2025

It's natural that over time membership will fluctuate, and activities will come and go. The committee is always mindful of the need to meet the challenges of growing the membership, maintaining a stimulating program and looking for opportunities to expand. You can support us in several simple ways by:

#### **Spreading the word that people of any age may join.**

Although U3A began as an organisation that supported retirees and the over 50's, we now actively encourage membership from a wider demographic with new courses to suit.

#### **Attending your group as regularly as possible.**

It can be disappointing when groups are discontinued due to lack of attendance.

#### **Let us know about what you're interested in and would support.**

Maintaining a stimulating program and looking for opportunities to expand our activities is both a priority and a challenge.

A variety of long-standing courses will continue in 2025 including fitness and well-being programs, arts, and languages, among others.

Our goal is to continue to add new activities to our program, and it has been exciting to introduce Ingrid Johansson who will present Meditation & Humming. Term 2 will also see a new short course on Astronomy previously run in the Adelaide Hills.

#### **Consider whether you'd like to be a presenter or co-presenter, or know someone who might?**

U3A relies on volunteers who are provided with organisational and admin support. Volunteering is a powerful way to give back to your community and not only benefits those you are helping, but it also brings a sense of fulfilment and purpose to your own life.

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### USEFUL CONTACTS .

Colin Forbes (President) 0400 029 771  
Neil Gamble (Vice Pres) 0435 381 048  
Jasmine Hunt (Secretary) 0423 138 311  
Doriana Barone (Treasurer) 0401 717 756  
Marilyn Henn (committee) 0419 188 162  
Ingrid Johansson (committee) 0404 765 753  
Wanda Hopkins (Publicity) 0451 541 239

Email: [strathalbynu3a@gmail.com](mailto:strathalbynu3a@gmail.com)

### OFFICE SUPPORT .

Strathalbyn Neighbourhood Centre  
6 Parker Ave, Strathalbyn  
10.00 am to 3.30 pm Monday to Friday

Website: <https://www.strathalbynu3a.com>

## . ANNUAL GENERAL MEETING .

Friday 14th March, 10 am

Strathalbyn Neighbourhood Centre

\* \* \*

There is capacity for additional committee members. Please consider joining us!

### NEW ACTIVITY FOR 2025

A new five-week course, **Astronomy for Beginners**, is scheduled to begin on Monday, 28th April, 1.30 to 3.30 pm at the Strathalbyn Neighbourhood Centre.

As the name implies, the course is aimed at people with little or no knowledge of astronomy.

Topics covered include:

- \* How astronomy and astrology were developed in the ancient world.
- \* How religion and astronomy became friends, rivals and friends again.
- \* The scientists who made the big discoveries - who, how, what and when.
- \* The moon, the planets and the stars - how they were formed and how they work.

The course is presented as an audio-visual discussion group and includes over 300 colour projections.

As a minimum number is required to ensure viability, expressions of interest are being sought.

Please call Jasmine on 0423 138 311 for more information or email [strathalbynu3a@gmail.com](mailto:strathalbynu3a@gmail.com) by Friday 14th March.



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We would LOVE to hear about an interest, knowledge or an area of expertise that you are willing share either as leading an excursion, a one-off session, long or short course. Topics of interest could include writing, cooking and nutrition, card games, current affairs (perhaps with guest speakers), coffee mornings or visits to gardens, exhibitions, sites of historical, environmental or indigenous interest, dancing and music, or technical know-how. There is a world of possibilities! We'll leave the rest to you!

*All enquiries about volunteering should be made to Jasmine Hunt, on 0423 138 311.*

### MEMBER PROFILE, JAN STACEY

Jan has been involved with the U3A **Genealogy Group** since 2017 and is currently the group leader, a role she has undertaken for five years.

Born in North Adelaide, Jan spent her formative years in Mt Barker. Her TAFE studies in office management later took her to various government departments beginning with the Commonwealth Police and more recently, into the fields of school administration and finance at both Strathalbyn and Langhorne Creek.

Besides developing a passion for family history, Jan has enjoyed a number of other hobbies and community pursuits including music (she plays the flute, piano and organ) tennis & growing dahlias. She was also active in her family's cereal and dairy farm which later branched into an artificial breeding business. Jan has now lived in the district for more than fifty-five years.

Jan says that her interest in family history stems from staying with her maternal grandmother during the school holidays, but states that she started researching in earnest in the 1970s, to corroborate the stories and events shared by others.

To pursue what could now be regarded as a life-long interest in genealogy, Jan has "special memories of negotiating potholes and driving on the unsealed Long Valley, Meechi and Wellington roads" in order to get herself to Edmund Wright House to transcribe the various archived records; her knowledge of shorthand no doubt aided this endeavour.

There were highlights to be had in Jan's long journey into genealogy including many enlightening and often poignant local discoveries, and visits to Cambridge in England; Atatürk's Mausoleum in Ankara, Türkiye, and various Commonwealth War Graves Commission cemeteries in France. Together with her husband David, she has also been involved in other noteworthy projects which have included a local school, cemeteries and churches trail for U3A. She has also been proactive in The War Graves Photographic Project (TWGPP).

Jan says that 'being part of a genealogy group has been a significant U3A activity', and that she is looking forward to welcoming new members to the group during 2025.





## SOCIAL ART GROUP

This long-standing group recommenced its activities on 16th January.

Facilitated by Rhonda McCarthy, the group meets in the Scout Hall on Milnes Rd, Thursday mornings between 9.30 and 11.30 am. The Social Art group provides you with an opportunity to gather up your art supplies to spend time doing your own art in the company of a congenial and like-minded group of people.

You can take the opportunity to brush up (pun intended) on your skills and also to try new techniques using a variety of different mediums. The course may also include workshops and demonstrations. There is also time to down tools and simply enjoy a cuppa together.

LEFT: Art group members enjoying the opportunity to exercise their creative spirit.



## OUR VOTE OF THANKS

What better way to start the year than to stop and reflect and thank our many volunteers and supporters. There are four we'd like to mention in particular.

Firstly, we are hugely indebted to the **Strathalbyn Neighbourhood Centre** for facilitating many of our courses, meetings, special events, admin support and display space. Their friendly and helpful staff never fail to oblige and it doesn't go unnoticed.

Secondly, the office of **Adrian Pederick MP, State Member for Hammond**, who since December 2024 has allowed us to print much of our promotional material at no cost. This has been an invaluable service to U3A, and one to be thankful for.

Thirdly, the office staff of **Rebekha Sharkie MP, Federal Member for Mayo**, for so graciously allowing us to join in the recent Forum for Positive Aging at such short notice. What a great team you are.

And last, but not least, local business house, **The Vault**, has allowed us to display promotional material in their foyer. Yet another good way to get the message out. Our sincerest thanks.



LEFT: Deb Gregory from Alexandrina Council and U3A's Ingrid Johansson at the Positive Aging Forum on January 31st.

## MARKETING 101

A **Positive Aging Forum** was held at the Strathalbyn Neighbourhood Centre on January 31st. Instigated by Rebekha Sharkie MP, the forum attracted a crowd in excess of 160. Speakers represented a range of organisations well qualified in the provision of aged care services, and various lobby groups.

The forum highlighted information on policy changes and the services available to the elderly. Various pamphlets were on display by those service providers, U3A Strathalbyn among them.

Ingrid Johansson both initiated U3A's involvement at the forum and ably "manned" the U3A table.

From all reports the U3A display was well received and sparked a large degree of interest from the wider community.



P.S. Reminding you of the upcoming concert by the Chamber Philharmonia Cologne. Full details on below.

  
Saturday 15th March 2025 at 7 pm

**KAMMER  
PHILHARMONIE  
KÖLN**

**STRATHALBYN**  
**ST. ANDREW'S UNITING CHURCH**

**VIVALDI**  
**CONCERTI VIRTUOSI**  
Concerto for Violin, Strings and basso continuo »Winter«  
Concerto A minor for Violoncello, String Orchestra RV 418

**MOZART**  
Serenade G major »A Little Night Music« KV 525

**TCHAIKOVSKY**  
»Andante Cantabile« for Violoncello and String Orchestra

**PAGANINI**  
»Capriccio« for Violin and Orchestra

**CHAMBER PHILHARMONIA COLOGNE**  
(Germany)

Sergey Didorenko \* **Violin**      Dmitrij Gornowskij \* **Violoncello**

  
www.kpk-info.de

  
**Book here**



**Bookings at**  
**www.trybooking.com/CXCWB**  
Doorsales at St. Andrew's Uniting Church 30 minutes prior to the concert  
(cash sales only)