

THE e-CONVEYOR

Connecting our Community

May 2026 | Term 2



Our newly elected President. **Warwick Grooby**

Hello to all and welcome to Term 2 in 2026. Some of you may recall my profile article in the Conveyor last year. Given that not a lot has changed since that issue, I'm going to use extracts from that article to re-introduce myself to the U3A TTG community. The biggest change for me was my recent election as President of U3A TTG in March and that brings with it excitement and some trepidation.

My working life covered what I think of as two distinctly separate sectors. I spent many years working with Community Service groups to help them develop grants for funding from the Commonwealth Government. During this time, I began a course of part-time adult education in the Science area, focussing on the disciplines of Immunology, Microbiology & Biochemistry. After many years of study and work at the Renal Unit of The Queen Elizabeth Hospital (while also juggling a young family), I finished my studies with a PhD in Transplantation Immunology.

I later moved to SA Water to assist them trial a new water testing technology using similar equipment to that I'd establish at TQEH during my PhD. My secondment to SA Water ended up much longer than expected as I eventually took up the role of running the Microbiology Laboratories that tested water from every region of SA, plus provided services for almost all States across Australia.

Many years later my Research, Management & Safety skills were taken up by UniSA at Mawson Lakes to take on the Operations Manager role across 3 major Research Institutes. UniSA chose to merge these 3 Research centres and I saw this as a timely opportunity to retire in late

2016 and hand over the reigns to the next generation.

My experience with U3A TTG began shortly after I retired in 2016, when my wife Sue suggested I join her at the Tai Chi class being run by Pat Harris. As I said in my previous article, I later joined Linda Neale's Muscles in Motion class and during one of these classes in 2023 Kevin Neale, then President of U3A TTG, and I were chatting and I mentioned that I'd retired from over 35 years in both the science and community service arenas. Much of this work involved writing grant applications and business development plans. It was at that point Kevin's eyes lit up and he asked me if I'd consider taking on the U3A Grants Officer position and join the Management Committee and generally "help out". Little did I know where that would go over the next 3 years!!

Having taken on the Grants Officer role and joining the Management Committee, many of you may be aware I step in to the Vice President role following the unexpected and tragic passing of Tom Mittiga. Tom was an absolute font of knowledge and trying to step into his VP shoes was a daunting prospect. Once again, I find myself stepping into the shoes of a Mittiga man, this time Toney, who felt this year was a good time for him to relinquish the role of President. Toney and Margaret have given many years of dedicated service to U3A TTG and I would like to again thank them both for their wonderful support and encouragement during my time on the Committee.

When Sue & I are not at U3A classes or helping look after our wonderful grandchildren, we are active gardeners around home and I also



volunteer at a Community Garden in Highbury. We also enjoy travel as much as possible around Australia and overseas.

As you read this article, we are currently visiting friends in Canada and then connecting with local Adelaide friends to begin a cruise down the West Coast of USA to pass through the Panama Canal and end the trip in Miami.

Finally, I mentioned in my last article the opportunity to assist with enrolments over the past few years. This is one activity that has given me great pleasure and insight into the U3A TTG community culture. I have lost count of the number of times I've had people talk about the pleasure they get in coming to U3A each week and how this has helped them remain active and involved in the community. As a member of the Management Committee, and now as President, that is music to my ears and I hope that we continue to inspire people to get involved and try something new. If you see me wandering the corridors of U3A TTG, please do not hesitate to stop and say hello. I'm always keen to hear people's thoughts on U3A so we can hopefully continue to develop and improve services at U3A TTG.

Warwick Grooby



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OUR COURSE COORDINATOR



Luci's amazing contribution!

After more than 8 years as Course Coordinator at U3A TTG, I have decided it was time I handed over the mantle. Annette Latham has agreed to continue in this role. I wish her every success and enjoyment.

The responsibility of the role made me feel that I was contributing to the learning, exercise and creativity of older people. What I thought would be a chance to contribute my time turned into years of friendship, learning, laughter, and shared purpose.

Thank you to the Group Leaders and volunteers who give their time so willingly. It has been a privilege to work alongside many remarkable people who care deeply about U3A.

While I am retiring as coordinator I am not saying goodbye to the friendships and memories I have made, and I am confident that U3A will continue to flourish. I look forward to the opportunity to take on many more classes as a participant.

Luci Campestre



Annette's new role!

I have recently accepted a nomination to re-join the Management Committee as the Course Coordinator and will also maintain my usual role as the Marketing Coordinator, which I very much enjoy.



Although both of these roles present challenges and demand a significant time commitment, they are also very rewarding to me. I am very enthusiastic about the contribution I can make and value the support and friendships that I have already made at U3A.

KEITH FIZGERALD RETIRES

An amazing 30 years of service!

After 30 years of service with U3A I have decided to step down as Group Leader of the Thursday morning Tai Chi and Meditation classes as I will be travelling a lot and do not feel I will have the time to devote to leading the class.

As many may know, I was the Membership Officer from the start when we were meeting at the TTG Council Office and I held this role from 1995 to 2007. We eventually received a Grant that enabled us to purchase the Old Kindergarten then we were able to offer more classes. I stepped into the Thursday morning Tai Chi and Mediation Group Leader roles a number of years back when Pat Harris moved her classes to the afternoon and I've had a

great time running the classes and chatting with the members.

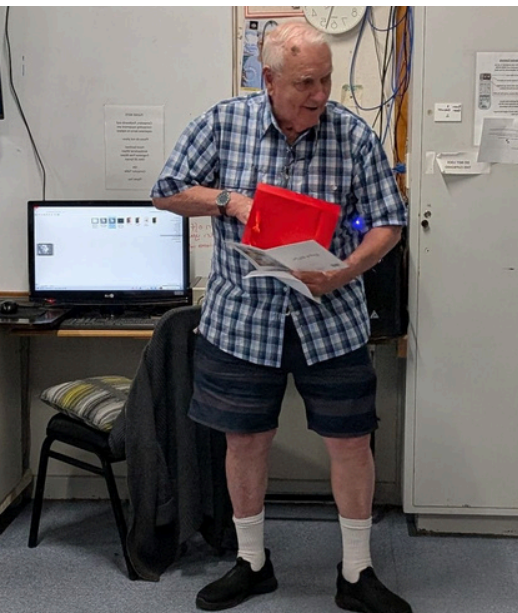
I am still involved in Tai Chi & Meditation, The Wine Club, Heartmoves and Consciousness & Meditation. I was a Water Diviner in the outback in the 60's and this meshes nicely with the principles of the Consciousness class and I occasionally give demonstrations of Divining during the Term. I also did Geology for a long while, but had to stop as I am a Life Member of the RSL and the timing clashed.

I will be 89 this year but still love coming to U3A for the same reasons I joined 30 years ago when I retired. I had been Operations Manager for a company in Hong Kong for many years and then Woolworths and Franklins. I love being active and went I

retired I was looking for something to do and fellow Vets at the RSL suggested U3A. It has been a perfect fit by keeping me physically and mentally active while giving me endless opportunities to meet new friends and catch up with old friends while attending classes.

Although I've decided to stand down as Group Leader, I will still remain a Member of U3A and attend classes when I'm back in Adelaide to ensure I remain active and engaged with the wonderful U3A-TTG Community.

I very proud to hold Membership Number 0185 and I'm equally proud to have been part of U3A at its earliest days and contributed to its growth and journey over the past 30 years!





OUR NEW COMMITTEE MEMBER

Maria Dean joins the Team

Community, connection and lifelong learning have always been important parts of my life. I am married with two children and a proud Nanna to four young granddaughters (all under 4), who bring endless joy and energy to my days.

I worked for the City of Port Adelaide Enfield for over 30 years in various roles, including Customer Service, Community Development and Contracts Administration. I formally retired three years ago after spending a couple of years on long service leave.

Volunteering has always been important to me. Over the years, I have held numerous roles within the BMX community, including Club Secretary, Coach, President and State Secretary. I am a Justice of the Peace (and on the JP Committee), run a small women's group and love creating opportunities for people to connect and support one another. In addition, I'm currently the Vice President of the Overland 4WD Club, after previously serving as Secretary and Social Coordinator.

In my spare time, I enjoy photography, reading, tai chi, gardening, camping, four-wheel driving, wine, food, socialising, sharing stories and exploring the world.

I joined U3A in 2023 because I wanted to stay active, keep learning and try a wide range of activities that had long been on my bucket list. I wanted to do everything, but eventually settled on Photography, Consciousness and Meditation, Zumba Fun, Tai Chi and Muscles in Motion – all of which I still enjoy today.

At one stage, I also enrolled in Karate and Guitar classes, but I quickly realised that unless you practise every week, it's easy to fall behind. I love the whole concept of U3A and everything it offers to support learning, wellbeing and connection.

I have recently accepted a nomination to join the U3A Committee and am looking forward to working with the team and making a positive and thoughtful contribution to this valued community space.

If you see me around, please come and say hello. I would love to hear any feedback that may help me or that I can pass on to the committee. I would also encourage you to think about any skills you may be able to share, or any ideas you might have for future classes and activities. If you don't see me, feel free to email me on mdean40@hotmail.com



Maria Dean

TAI CHI QIGONG PRESENTATION

An Afternoon with Master Simon Blow

Our recent afternoon gathering offered our three Tai Chi, Qigong groups a wonderful opportunity to come together, connect, and enjoy an engaging and enriching experience. With a relaxed and welcoming atmosphere, the event was designed not only to inform, but also to inspire—and it certainly delivered on both fronts.

A highlight of the event was the presentation by our guest speaker, Master Simon Blow, who brought both warmth and expertise to the room. Simon has been a professional Qigong teacher (Laoshi) since 1992 and has had the great fortune to travel to China many times – studying Qigong, exploring sacred mountains, attending international conferences, and immersing himself in the rich culture of the Chinese people. He leads regular Qigong classes in Sydney for beginners and continuing students, runs workshops, retreats, and tours to China, and is the author of numerous books, DVD's and meditation CDs about this ancient healing art. For over thirty years, Simon has helped people develop self-healing skills, manage stress, and improve their quality of life through meditation, mindfulness, and gentle movement.

During the session, Simon shared insights from his remarkable personal journey and introduced us to the principles of Qigong.

His demonstrations invited us to slow down, become more aware of our bodies and experience the calming benefits of mindful movement firsthand. There was also time for questions, allowing members to explore the practice more deeply and connect with Simon's knowledge and passion.

As the session drew to a close, there was a shared sense that everyone had taken something meaningful away – whether it was a new understanding of Qigong, or how it can be of such great value in your life.

On behalf of U3A, we extend our sincere thanks to Simon for his time, generosity, and inspiring presentation. We also appreciated the opportunity to continue the conversation informally over coffee, where many members stayed on to chat, reflect, and connect.

Events like this remind us of the importance of lifelong learning, community, and taking time to nurture our wellbeing. We look forward to many more afternoons like this in the future.



2026

MANAGEMENT COMMITTEE



**WARWICK
GROOBY**

PRESIDENT &
GRANT OFFICER



TONY MITTIGA

VICE PRESIDENT &
HOUSE SERVICES



DAVID JEFFS

TREASURER



SHANNON KIELY

OFFICE MANAGER &
MINUTE SECRETARY



LAWRENCE FAHY

TECHNICAL OFFICER



ANNETTE LATHAM

COURSE COORDINATOR &
MARKETING COORDINATOR



MARIA DEAN

COMMITTEE MEMBER



MIKE PRUS

MAINTENANCE OFFICER



TESS ANTHONY

U3A STATE DELEGATE



DAVID JAMES

COMMITTEE MEMBER