

PRESIDENT'S REPORT



“Keep your face to the sunshine and you cannot see a shadow” – Helen Keller

Keller tells us to look towards the light, to make the best of any situation. In this time when things are uncertain and changing rapidly, it is important that we take stock of what we have in our lives and to be grateful for the small everyday things, and not to dwell on what can't be.

For Neil and I, not seeing our grandson for so many months was difficult, but we got by – we just did things differently. We sent him videos of ourselves dancing to the Wiggles songs, frequently sent photos via Messenger and caught up daily on Zoom.

The Management Team have also been meeting via Zoom (ensuring our meetings are kept short!). Keeping up to date of the ever changing Covid circumstances and restrictions is certainly keeping us all on our toes. We have been in frequent contact with the Enfield Community Centre's Development Officer, particularly with regard to the Council's Covid Plan and how it impacts on the running of our classes and the logistics our program.

In the forefront of our minds is our member's health and safety. After contacting all our group leaders/tutors, the Management Team, taking everything into account, have decided to err on the side of caution and have made the decision not to re-open for Term 3.

During Term 3, the Management Team will be working towards the possibility of opening in Term 4.

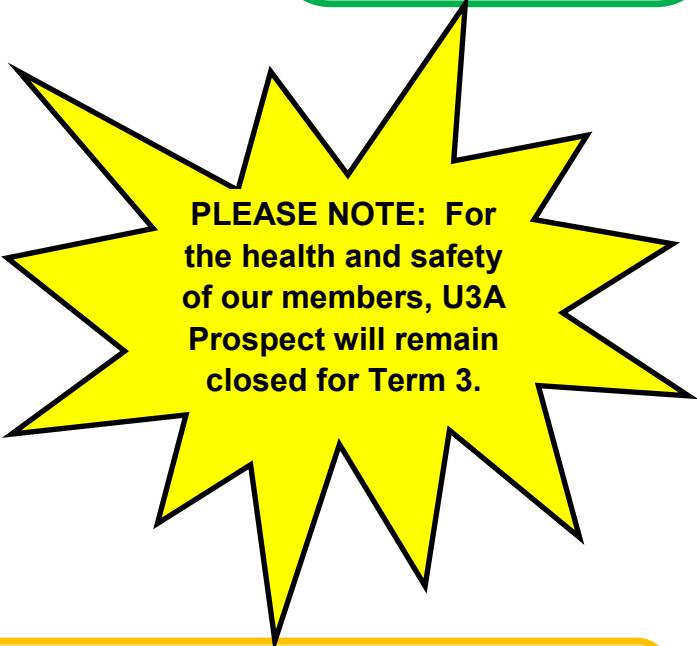
By Term 4, the weather will be warmer, Spring will be in the air and things hopefully will look a bit brighter.

In the meantime, please enjoy reading the newsletter. Thank you to our newsletter editor, Marilyn, for her time and efforts in putting together a great read!

*Jenny Rossiter
President*

In this issue:

- President's Report
- Thank you Liz Kirby-Eaton
- Reasons to Become U3A Prospect's Next President
- Call for Newsletter Items
- New Program Co-ordinator
- It's All in a Name
- Keeping Connected - Tutor Reports
- Advanced Water Colour Art Group
- Non-fiction Book Group for Men
- Tell Me What You Think
- Armchair Travel
- Level 2 French
- Knit & Crochet Rugs
- Honey Update
- Useful Links



PLEASE NOTE: For the health and safety of our members, U3A Prospect will remain closed for Term 3.

THANK YOU LIZ KERBY-EATON



LIZ KERBY-EATON

Since the inception of U3A Prospect in 2017, Liz Kerby-Eaton has made a significant contribution to its formation and success. She has taken on various roles: Membership officer, Secretary, Treasurer, Program Co-ordinator and French Co-tutor.

As a brand-new organisation, everything was started from scratch. There was a lot to be done. Liz initially took on the role of Treasurer. However with her enthusiasm and array of talents, Liz's workload soon expanded to a wider range of tasks - taking enrolments, answering membership queries, drafting our Management Team Roles and Responsibilities document, creating all of our enrolment and program forms – to name but a few.

As Program Co-ordinator she spent many hours contacting tutors, arranging guest speakers, seeking out new program opportunities and organising a range of Out 'n About excursions. She spent many hours formatting and writing up the programs for each year.

Having spent over a week, each term, manually putting members into classes using an excel database, she was instrumental in U3A Prospect being the first U3A in SA to adopt an online enrolment process.

In her spare time, she helped her partner Simon, Co-tutor one of the French classes as well as being the Scrabble Group Leader.

Liz has been a huge support for me as President. I have valued her friendship (made through U3A), her steady influence, her patience in answering my many questions, her gentle reminders to do certain tasks, her unwavering ability to listen to my many crazy ideas and her sound offers of advice on a range of matters.

Liz, through her dedication, enthusiasm, efficiency and organisation skills and her many, many, many volunteer hours working behind the scenes, has contributed significantly to the success of U3A Prospect over the past three years.

Liz has decided to step down as Program Co-ordinator and her involvement in management matters.

On behalf of the Management Team and the members, thank you Liz. You will be missed. Enjoy you well-earned rest – time to make more lime curd, enjoy a quiet gin and cross stitch in the sunshine!

*Jenny Rossiter
President*

REASONS TO BECOME U3A PROSPECT'S NEXT PRESIDENT

There are so many reasons to become U3A Prospect's next President.

After 3 years, I am stepping down as President. I feel privileged to have been involved in setting up the foundations of U3A Prospect, with the help of an amazing Management Team. But, it is now time for someone else to take the reins, to bring in new ideas and energy and to lead the club forward.

Being a President, whilst having a commitment of time and energy, has so many positive aspects:

GET INVOLVED!

Great sense of satisfaction

Being President gives you the opportunity to create a difference in our club and to older persons in our community. Creating a positive difference in people's lives is very satisfying and rewarding, giving a great sense of achievement and purpose.

An opportunity to give back to your club and community

If you have been enjoying the friendships, the learning and the wonderful sense of belonging to the U3A Prospect community, then here is the opportunity to give back to the club that has given you so much.

Forging great friendships

As President you meet a lot of people! There are always lots of smiling faces to greet you. You forge many new and lasting friendships.

Much of the hard yakka is done

We have worked hard over the past three years to build the foundations of a successful club. The Management Team members are now more experienced and have clearly defined roles. With more volunteers taking on tasks, the role of President has become increasingly easier.

Opportunity for leadership

The President acts as a figurehead, spokesperson and a community liaison - liaises with Enfield Community Centre Development Officer and City of Port Adelaide Enfield Councillors and staff.

The President provides overall leadership and direction to the club's organisation.

One of the main roles of being President is delegation – delegating tasks to members of the Management Team. Roles and responsibilities are clearly set out. The team shares the workload so that one person does not end up doing everything.

Now is the time to take the plunge

If you are interested, this is a great time to take the plunge... (be assured we will not let you drown). With Covid placing restrictions on our program, there is a lot of time to ease gently into the role, to learn the ropes and to see the management team in action behind the scenes as you get ready to lead into 2021.

Often people don't wish to commit to Management Team roles as they fear they will get "stuck" in the role. If you are interested in the position, from the beginning **commit for one year, stay for two if you wish, but then step down**. By showing other members this is the culture of our club, they become more prepared to do their bit when the time comes, knowing that the role is **for a fixed time frame**.

If you would like to put your hand up or to know more, email u3aprospect@gmail.com and I will contact you to have a chat.

Jenny Rossiter

CALL FOR NEWSLETTER ITEMS

We would love to know what you're doing to stay healthy, connected and occupied during these changed times. Do you have a story you would like to share with other members?

The Newsletter will be a little more frequent while we're not in physical contact and this is a great opportunity to keep us all connected until we can meet face-to-face again.

Email your contribution marked Att: Newsletter to u3aprospect@gmail.com

NEW PROGRAM CO-ORDINATOR - JO KEMP



Hi, my name is Jo Kemp and I am taking over from Elisabeth Kirby-Eaton as Coordinator of the Program Group. U3A Prospect can be justly proud of the extensive program that has been established in only a few years, and we want to build on this great base. A big thank you to all the tutors and group leaders and a special thank you to everyone for your patience as we work our way through the implications of Covid requirements. I am really looking forward to getting a new program ready for 2021. We now have an excellent venue with several meeting rooms, a hall, a kitchen and a sports stadium so the possibilities are almost endless. So if you might be interested, or know of someone else who might run a group, or present on a topic, please let us know. You can contact us via the website or contact me direct on jokemp64@gmail.com, I'd love to hear of any proposals.

Jo Kemp - Program Co-ordinator

IT'S ALL IN A NAME...

The Port Adelaide Enfield Council have welcomed us with open arms to the Enfield Community Centre on Regency Road. It is the intention of the Council to create a Positive Ageing Health and Wellbeing Hub at the centre. We are looking forward to a **long-term partnership** with the Council, with many benefits to our U3A Club and its members.

Given that we intend to use Enfield Community Centre, as our home base for a long time, we will be **changing our name to reflect our new location and partnership.**

The name could be as simple as U3A Enfield. However, it should be noted, in the past we have received phone calls from people asking if they had to be a resident of Prospect in order to join our club.

A more generic name encompassing a wider location may resolve this issue. It also enables us to use facilities in other suburbs under such a banner eg Greenacres or Parks library, Walkerville Town Hall, Payinthe library – should we wish to.

Other considerations in choosing a name would be how easily the name flows and what it looks like as a web address/email address. The acronym U3A can be at the beginning or end of the name eg. Port Fairy U3A or U3A Port Fairy.

There are a variety of names used by clubs across SA eg U3A Adelaide Hills, U3A Tea Tree Gully, U3A South Coast, U3A Campbelltown SA, U3A Port Adelaide, U3A Charles Sturt.

Our members come from far and wide across Adelaide, with the majority from inner northern suburbs.

Some ideas for our new name include:

U3A Metro Inner North - when you google Inner North it shows the suburbs of Enfield, Prospect, Sefton Park, Broadview, West Croydon, Vale Park, Walkerville etc

U3A Inner North - various government services, school districts and recreational facilities eg the YMCA, use Inner North in their name

U3A Inner North Metro

U3A Regency Enfield

U3A Regency

U3A Enfield

We are asking members to put forward new ideas and/or to comment on the names above. Please email:

u3aprospect@gmail.com

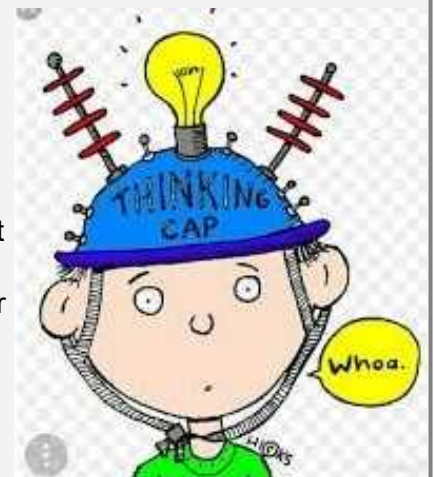
Once we have collated this information, the management team will look at all the options.

To change our name, members must agree on the new name, by proxy or in person, at either a Special General Meeting or at the AGM.

Put your thinking caps on!

Jenny Rossiter

On behalf of the Management Team

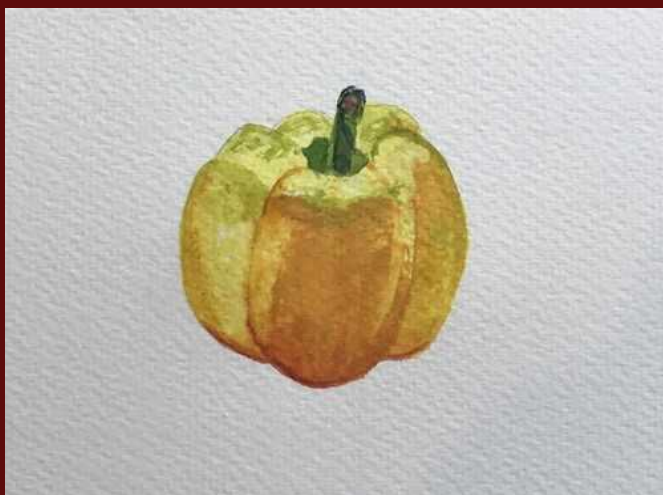
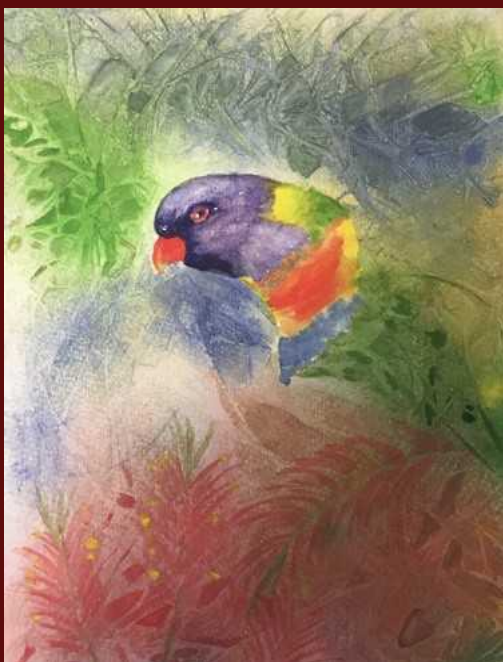


KEEPING CONNECTED - Tutor reports

Advanced Water Colour Art Group

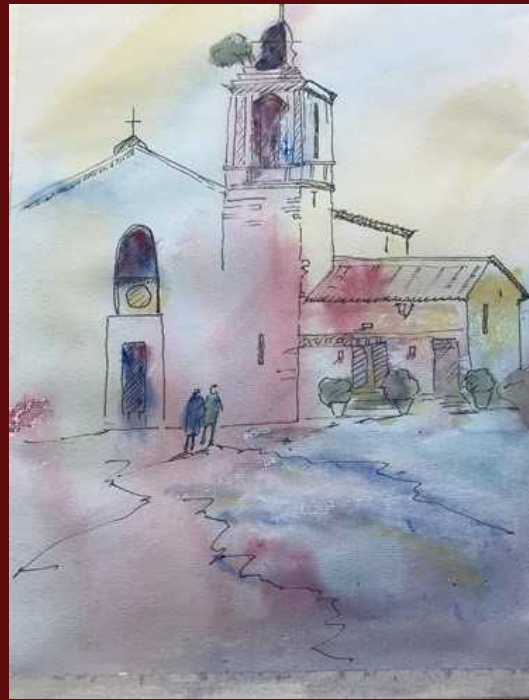
We kept our normal Wednesday time slot 1-3pm and everyone joined in via Skype which worked well. We start each lesson with a catch up chat to see how everyone is going and to follow up on their previous work and set challenges. It is so nice having the ability to actually see everyone using today's technology . All students say they have enjoyed their continuing involvement. Here are some of our works - enjoy!

Vonney K, Art Studio52Tutor



KEEPING CONNECTED - Tutor reports cont...

Advanced Water Colour Art Group cont...



KEEPING CONNECTED - Tutor reports cont...

Advanced Water Colour Art Group cont...



Thank you very much Vonney and the Advanced Water Colour Art group members for sharing your wonderful art works with all of us.

KEEPING CONNECTED - Tutor reports cont...

Non-fiction Book Group for Men



The non-fiction book group has continued to meet during isolation via Zoom. The two major books we have considered so far has been *Sapiens – A Brief History of Humankind*, and Leigh Sales – *An Ordinary Day*. Leigh Sales' book describes investigations into how "ordinary" people face life's unexpected (and often horrific) twists and turns.

We have also spent time discussing other books members have been reading, which led to our latest book to discuss, *The Penguin Lessons* – a young person's experience of looking after an oil-covered penguin.

Some books coming up include Michael Palin's *Erebus* – the story of a ship exploring the Arctic and Antarctic in the 19thC and *The Last Explorer* a biography about Hubert Wilkins.

The group would welcome more male members. More members creates more discussion and variety of subjects covered. If you are interested, please contact U3A Prospect at u3aProspect@gmail.com

Chris Bunn - Group Leader

Tell Me What You Think

The group has held a number of meetings using Zoom in the last few weeks. Topics covered included:

- What will be the consequences of the coronavirus crisis for Australia in twelve months time?
- How to resolve tensions between our economic relationship with China and our political relationship with the United States
- The Blame Game - how political blaming prevents progressive conversation and ideas to create productive conversation.

Debate has been both well-informed and lively, with a variety of opinions expressed.

We may not have solved the world's problems but we have at least had some fun and gained some useful knowledge and perspective along the way!

Zoom is not to everyone's taste. Personally I think it works remarkably well. It's very clear and stable both in regard to visuals and audio (even for a person with poor hearing like me), and after a short learning curve, remarkably easy to use.

Of course, there is no substitute for a face-to-face meeting, so we hope those can resume fairly soon.

David Kilner - Group Leader



Armchair Travel

The co-ordinators of the Armchair travel group send greetings to all their participants.

Armchair Travel has now taken on a whole new meaning.....

The only travel we are doing currently is from armchair to armchair....

We eagerly await the time when we can travel again and share our travel experiences.

In the meantime, you can try a bit of virtual travel by dipping into Pauline's travel blog.

<http://paulinestravelblog.blogspot.com/>

Pauline Kemp and Rodney Gracey - Co-ordinators



KEEPING CONNECTED - Tutor Reports cont..

Level 2 French



Marie-Antoinette in Paris in 2019

Left: at Les Galeries Lafayette

Centre: near La Tour Eiffel,

Right: at La Place Saint-Sulpice.

Learning French via Zoom meetings has proved an excellent way of keeping in touch and seeing each other every week. Although the class is a small one, I feel we are forging stronger friendships, gaining support from one another, and confidence through our learning of a foreign language. We can laugh at our mistakes and enjoy the camaraderie of being in a small group.

Each week I email a chapter or two from the story of "Marc et Julie" which provides us with reading material, comprehension exercises, crossword puzzles to complete and basic grammar points. In the last part of the lesson I show a series of my photos taken during my trip to France last year. This provides us with the opportunity to share experiences from our travels and compare notes on various places, sites, food, etc. My thanks to the enthusiastic members of my class – you are truly inspirational and your commitment is very rewarding! Keep up the good work!

Marie-Antoinette Galletta - Tutor

Knit and Crochet Rugs

What can I say? In our last Newsletter included a suggestion to knit or crochet squares to be made into rugs and donated to those in need.

Teresa Pizoni, Mosaics Tutor, certainly took up the cause! To keep busy during the lockdown, she has created some 200 squares, and is still going! Thank you Teresa.

If you too have been busy on this front, I would love to hear from you - with photos if possible. It doesn't matter if you have made just a few or many, combined they will create a rug.

Once it is clear what easing of Covid-19 restrictions allows, I will organise a time for those interested to get together and join our squares into beautiful warm rugs.

You can contact me via U3A Prospect at u3aProspect@gmail.com just mark your email Att: Marilyn Rug Project.

Marilyn Pearson



HONEY UPDATE - Life as a RSB Guide Dog Trainee



VITAL: RSB ambassador Rachael Leahcar with her guide dog Ella, and Alister Haigh with puppies Hachiko and Honey at Haigh's Chocolates, Parkside. Picture: MATT TURNER

ANNA VLACH

SINGER Rachael Leahcar is urging local businesses to follow Haigh's Chocolates' lead and get behind the Royal Society for the Blind's emergency fundraising campaign.

Haigh's is sponsoring the RSB's "H" litter of guide dog golden labrador puppies, Honey, Humphrey, Hana and Hachiko Haigh for three years, and has committed to covering Honey's training costs.

RSB ambassador Leahcar, who is legally blind, said businesses such as Haigh's gained valuable exposure from being

an RSB sponsor, while supporting its important work.

"I'm so grateful to Haigh's because these dogs enable people with a vision impairment to come out of isolation with confidence and maintain their independence," she said.

Meeting Leahcar, her guide dog Ella and puppies Hachiko and Honey, Haigh's Chocolates chief executive Alistair Haigh said the RSB had a vital role in the community.

"We'd really urge other SA businesses to get on board with this specific, emergency fundraising drive and then perhaps look at extending their corpor-

ate 'families' later, when the next litters of puppies come along," he said.

Announced last month, the emergency campaign was necessary because COVID-19 had prevented many traditional fundraising activities.

"We urgently need to raise \$120,000 before the end of the financial year, so that we can keep our puppies in training and continue supporting our clients," RSB executive manager, marketing and fundraising Darrin Johnson said.

Nearly \$85,000 has been raised so far.

RSB.ORG.AU

ADVEDIZOLMA - V1

Members may be interested in an update on Honey, my little Guide Dog trainee. She is almost 4 months old and is growing so fast.

You may have seen the article in the Advertiser recently which featured Honey on a visit to H Litter sponsors, Haigh's Chocolates.

Honey has become a familiar sight walking around our local streets in her purple RSB jacket. We regularly visit shopping centres, supermarkets and a variety of other places to socialise her to those environments.

Her first official training session with our supervisor took place at Prospect Shopping Centre where she was exposed to new experiences including traffic lights, traffic, stairs and the travelator. I was very proud of the way she took it all in her stride.

Honey participated in her first Dog Distraction class and is learning about catching public transport at the Bus Depot at Morphettville.

At home she gets to be a regular puppy. She loves my dog, Bosco. They have lots of play time and she cuddles up with him wherever he may be sleeping.

Marilyn Pearson



Above: Article from Advertiser 29/05/2020.

Right: Honey at Haigh's in her RSB jacket. It was her first official outing.

USEFUL LINKS

U3A Prospect <https://sites.google.com/view/u3aprospect>

U3A Prospect Facebook <https://www.facebook.com/U3AProspect/>

U3A South Australia <http://u3asouthaustralia.org.au/>

U3A Online <https://www.u3aonline.org.au/>

City of Port Adelaide Enfield www.cityofpae.sa.gov.au/

U3A Adelaide <https://adelaideu3a.org.au/info-gate/>

SA Government Seniors <https://www.sa.gov.au/topics/family-and-community/seniors>

COTA SA <https://www.cotasa.org.au/>

Latest Covid-19 news <https://www.covid-19.sa.gov.au/recovery>

Please share useful links you have found. Email: u3aprospect@gmail.com and mark Att Newsletter.