

PRESIDENT'S REPORT



Thank you to those members who attended the recent Special General Members Meeting or sent in proxy votes. We had 22 members at the meeting and 47 proxy votes. It was wonderful to see everyone face to face after such a long time, albeit sitting at the appropriate social distancing requirements. It was the first time in 5 months I had put on makeup!

All members voted in favour of our name change and the constitutional changes. The next step is for our Public Officer, David Kilner, to submit the necessary forms to the appropriate body and then to wait for confirmation, which might take a few weeks or a few months. We can then officially call ourselves U3A Inner North!

Members at the meeting took a tour of the Enfield Community Centre and were pleased with what they saw. There is lots of room for our current and any new programs, including sports activities such as badminton, netball, indoor soccer. However, I realise that it is hard to get too excited when we are still "closed for business".

Some members are "chomping at the bit" to return to classes, however it isn't a simple process to do so. There are many factors to be taken into account. It is not an easy decision to be made by the Management Team.

We need to comply by CoVid restrictions put in place by the State Government and Port Adelaide Enfield Council. These restrictions, as you are aware, are frequently changing. The restrictions impact on the number of persons allowed in a room and the ability to keep appropriate social distancing. Each class has its own style of presentation eg general guidance by a tutor (often over the shoulder of a member); lecture style; dancing and exercise; mah-jong and canasta (sharing of equipment and sitting in close proximity). All these factors must be taken into consideration.

The most important factor is whether our tutors and group leaders, all volunteers, feel comfortable in themselves to return to classes. Like our general membership, some of our tutors are over 70 years of age (considered to be a vulnerable age group), have underlying health conditions, or just do not want to take the risk at this time. It is important that all tutors do not feel they are letting anyone down if they choose not to return until they are ready. We already know that some tutors do not wish to return until next year and that is fine. Ultimately everybody's health and wellbeing is foremost. We must respect the wishes of our wonderful tutors and group leaders and ask for your support .

Some U3As in SA have returned, albeit in a modified way. Here are some notes from the recent U3A SA meeting I attended (via Zoom).

ADELAIDE: COVID programme and online offerings are on the website. According to space and distancing requirements, some courses are cautiously recommencing in The Box Factory.

CAMPBELLTOWN: French & Italian are meeting via Zoom and hope to continue. Balance & Bones and Tai Chi are in the park under private group. Council protocols are strict and classes need to fit the building.

ADELAIDE HILLS: Will look at reopening Term 4.

ALDINGA: Currently still in recess.

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PRESIDENT'S REPORT cont...

MT GAMBIER: Some groups outside, some on hold, some online. Some people are apprehensive.

NOARLUNGA: Nothing for term 3 and will review for term 4.

RIVERLAND: Starting in Term 3 Zoom art classes. Creative Writing is doing a continuous group story.

TEA TREE GULLY: Committee setting up the rooms with correct numbers of tables and chairs. Team leaders are hesitant, but some classes starting in Term 3.

At U3A Prospect we have some classes operating via Zoom, some via Skype and some in the local park. U3A SA advised us that classes operating outside of our ECC venue or its grounds during CoVid are not able to be policed by U3A Prospect as to whether they are adhering to CoVid restrictions and are therefore considered to be "a group of friends" meeting rather than an official U3A class.

I know it is difficult when we all just want everything to go back to normal, to go back to learning and to socialising with our U3A buddies. The Management Team are busy working behind the scenes and keeping updated with the ever changing CoVid developments. As I write this report, we are waiting to see what happens with the recent outbreaks in South Australia and of course we are thinking of the people in Victoria and hope that they are able to safely get through this difficult time.

So, when we will re-commence our classes? In mid to late September we will be asking tutors/group leaders if they wish to return in Term 4, dependent on the CoVid restrictions at the time. We will need to decide the format of each of the classes and what/if any modifications need to be made. After that the Management Team will decide whether or not to put forward a modified Term 4 program. I ask members to please be patient and understanding.

On a more positive note - I am very pleased to inform you that the wonderful Pauline Kemp has put her hand up to take over as President for 2021. Pauline co-ordinates, along with Rodney Gracey, our Armchair Travel group and is a member of our Mah Jong group. She is also a member of TTG U3A (avid bird watcher and photographer). Pauline, is a retired GP, whom I have known since our daughters were best friends in Reception. At present, she is enthusiastically "learning the ropes", attending meetings and getting to know the Management Team and the workings of U3A. I feel very sure that Pauline will do a fantastic job as President.

Jenny Rossiter

President

INTRODUCING PAULINE KEMP



Pauline sees herself as a true local, having attended Gepps Cross Primary School and Enfield High School as a child, and having lived in Nailsworth for 44 years.

She also has a strong U3A pedigree as her father was involved with Gawler U3A for 25 years, and her sister is a life member of Tea Tree Gully U3A.

Pauline has been married for 40 years to David Kilner who runs the Tell Me What You Think group and is the Public Officer for U3A Inner North. They have 2 daughters who attended Nailsworth Primary School, and they now have 2 lovely grandchildren.

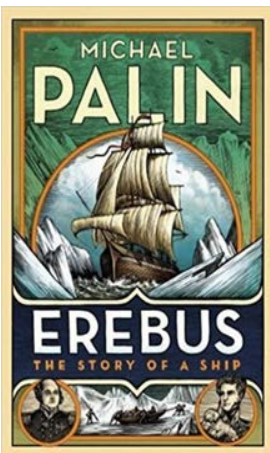
For 35 years Pauline was a family doctor in Magill. It was a very fulfilling career.

Since she retired in 2014 she has found time to travel, go bird-watching, sing in her choir, and attend U3A courses, in between caring for her elderly parents and cuddling her grandchildren.

She is looking forward to the challenge of taking over the role of President from Jenny Rossiter but realises that Jenny will be a very hard act to follow!

TALKING BOOKS

NON-FICTION BOOK GROUP



The book this month, **EREBUS by Michael Palin** (of Monty Python fame). HMS Erebus was one of the great exploring ships of the 19 century. A veteran of ground breaking expeditions to the Antarctic and the Arctic. In 1948 it disappeared in the Arctic, it's fate a mystery. In 2014 it was found.

From one of our members: "Palin has excellent narrative skills and I found the book engrossing. He leads the story to an excellent climax and frankly, it's heartrending towards the end, as we realise what an awful fate awaited these brave men.

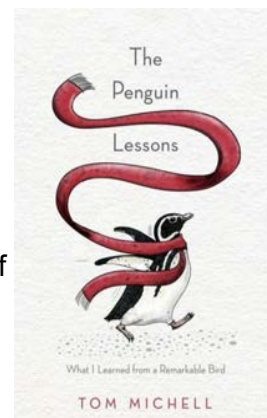
The other thing I liked about his writing is that he has very strong powers of description, including people, objects and places.

He also draws some understated conclusions about the explorers of those times, noting the usual British arrogance towards those they considered inferior beings who had nothing to teach them.

"I loved Palin in the Monty Python years but I found his travel films lacked pizzazz - Erebus has restored my opinion of him and I hope he writes more books like this."

The previous month we read **THE PENGUIN LESSONS by Tom Michell**. The story of a little penguin and how the animal greatly influenced human lives. We all found the book enjoyable well written and one which in the normal course of events we would not have chosen it to read.

Chris Bunn, Group Leader



WEDNESDAY BOOK GROUP



ELEANOR OLIPHANT IS COMPLETELY FINE by Gail Honeyman. Eleanor is 29 and for 8 years has worked in the office of a graphic design company. She is extremely socially awkward and lives a solitary, obsessively ordered life. She is the brunt of nasty jokes from her colleagues.

Half of her face is badly scarred, she was raised in foster care, survived an abusive relationship in college, and has now created a life that is 'completely fine'. Every evening after work she gets pizza for dinner from the same place, goes home and induces sleep with vodka. She has never had a visitor in her apartment, and often speaks to no-one from Friday evening to Monday morning. She fantasises about what it would be like to have someone touch her or hold her hand. Two bottles of vodka help her through the weekends.

Weekly phone conversations with Mummy hint at an abusive and controlled childhood.

Eleanor's internal monologues reveal her intelligence, humour, and social judgements. A developing friendship with Raymond, a co-worker from the IT department, cause her to question her inherited social prejudices and opens her world to friendship and kindness.

An unrealistic crush on a local musician who Eleanor imagines is her soulmate, motivates her to take an interest in her physical appearance with touching, and sometimes hilarious, outcomes in the way she is seen and sees herself. Her growing obsession with the musician almost leads to disaster and she is forced into dealing with her childhood trauma.

Author Gail Honeyman lives in Glasgow and this is her debut novel. She won several literary awards and the movie rights have been taken up by Reece Witherspoon.

Members of the Wednesday Book Group all enjoyed the book, particularly the humour, and that Eleanor didn't allow self-pity despite her heart-aching loneliness and isolation. The eloquence of Eleanor's internal dialogue and how it was used to create a complete character was also a highlight. The main characters were not stereotypically good looking and the way their faults were portrayed bought more realism to the story. The power of friendship and kindness is the hero.

One member questioned viability of parts of the story and a couple felt the ending was a little untidy. Others liked that the ending was not neatly packaged and left a feeling of hope and anticipation.

Karen Tierney, Group Leader

TALKING BOOKS cont...

MURDER MYSTERY BOOK GROUP (MMBG)



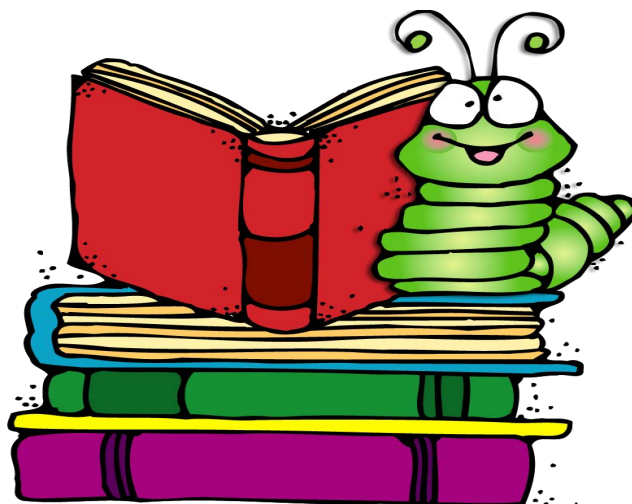
THE SECRETS SHE KEEPS – By Michael Robotham. The MMBG discussed this book in March 2020. The Author was born in Casino NSW in 1960. In 1979 he began a journalism cadetship on the Sydney newspaper The Sun and later worked for The Sydney Morning Herald as a court reporter. The book was made into an Australian psychological thriller drama television series and was set in the Blue Mountains (it starred Laura Carmichael as Agatha who was Lady Edith Crawley in Downton Abbey). The plot was inspired by the true story of a baby abduction at a London hospital in 1990 – Alex Griffiths was missing for 17 days in 1990, after a woman posing as a health visitor took her from St Thomas' hospital.

STORY – Agatha, a supermarket worker becomes obsessed by 'mummy blogger' Meghan's idyllic lifestyle. When she discovers both are pregnant and due at the same time, Agatha strikes up the courage to talk to Meghan. But while they share much in common, it soon emerges that Meghan's life isn't as happy as it seems but then again, nor is Agatha's and both are harbouring explosive secrets.

Each chapter was written in alternative perspectives of the two main characters which made it easy to follow – it kept you in suspense on who was telling the truth and who was playing the game. All the characters were easily identified throughout the book and all played a contributing role to the story.

The book was packed with tension which kept you wondering what next, but it wasn't a murder mystery book more a suspense thriller. Occasionally some details were slightly unbelievable but that didn't detract from being a good read. Michael Robotham did a believable job of getting inside the heads of two female characters in a convincing and sympathetic way.

Angy Henn for Jenny Smith, Group Leader



USEFUL LINKS TO STAY CONNECTED

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.

PROSPECT ART

Recently I visited the Newmarch Gallery at Payinithi on Prospect Road. I was surprised and delighted to see a variety of artwork by our U3A Members, Tutors and Group Leaders, as part of the Prospect Community Art Show. The Show runs from 2 – 30 August.

In the program, Vesna Lucic wrote:

“Before CoVid-19, I was attending U3A here in Prospect. I really took to the mosaic group. Here is one of my creations that I needed to complete at home during lockdown.”

Jenny Rossiter



Vesna Lucic
“Eeeeeee!”
Mosaic Group Member



Jack Condous OAM
“The Voluptuous Heliconia”
U3A Out N About
Art Co-ordinator



Jenny Smith
“Chooks for Books”
U3A Friday Book Group Leader



Sue Harrington
“My Cottage”
Circle Dancing Group Member



Von Karpinski
“London Cityscape”
U3A Advanced WaterColour Group Tutor

PROSPECT ART cont...



Anneke Hoffman
"Still Life of Cups"
U3A Practical Art Group Tutor



Teresa Pizzino
"A Perfect World"
U3A Mosaic Group Tutor

HUMOUR IN TOUGH TIMES
FOR OUR TRAVELLERS!

**I JUST TOLD MY
SUITCASES THAT
WE AREN'T GOING
ON VACATION THIS
YEAR
NOW I'M DEALING
WITH EMOTIONAL
BAGGAGE.**

MASK HUMOUR



HONEY, RSB GUIDE DOG TRAINEE - UPDATE



A big part of Honey's training is to socialise her to be calm and well behaved in all kinds of situations. She attended our U3A Prospect Special General Meeting and was very good.

Thankfully restrictions have relaxed enough that we have started with dog distraction classes. Being able to focus and work with other dogs around in open spaces such as parks is challenging.



Shopping centres are a great place for training so we regularly visit different centres, sometimes on our own and sometimes with other dogs. Here she is with friend Basil at West Lakes.



We had a wonderful experience with a bus driver recently. I was waiting for others to arrive for a class at Arndale Shopping Centre and noticed a bus waiting with doors open. I asked if I could walk Honey through the bus to practice getting on and off. He agreed and after I'd walked her through the bus a couple of times, he asked if I would like to sit down and he drove us to the next stop. I really appreciated being able to give Honey a little extra training without the stress of other passengers.

Life for Honey is not all work. She gets regular play time with other dogs and puppies and she has some special friends. She spent the afternoon with her sister, Kula, this week and they had a wonderful time together. Here they are sharing a drink and resting between plays.

Marilyn Pearson



NEWSLETTER CONTRIBUTIONS

Do you have something you would like to contribute to the Newsletter?

We welcome all contributions from our members. You may wish to share something that is of particular interest to you, an interesting outing or event, or just make suggestions of improvements you feel could be made to the way we communicate.

I would love to hear from you and can be contacted via our administration

Email: u3aprospect@gmail.com

