



U3A Inner North

NEWSLETTER

May 2021

PRESIDENT'S REPORT



A Word about Technology

10 years ago I was a total technophobe.

I'm still not wonderful. This week my 3 year old granddaughter informed me I was using the wrong remote when I couldn't get the TV to work. But I'm getting better.

Learning new skills can empower you, and it's a great ego-boost when you put your new skills to the test and they actually work. There are huge benefits in actively taking part in this new world of technology.

Recently I received a postcard from a friend who was on holiday in Barmera. It was sent on 21/3 and I received it on 9/4. I think I need to have a word in her ear about emails.

Last month after my husband broke his collar bone the surgeon sent impressive before-and-after photos to my phone within minutes of the completion of his operation, so I'd have something for Show and Tell.

Our daughter went on a 5 day mountain-climbing hike in Tasmania over Easter and we were treated to a photographic display via Facebook almost as it happened. (I'm glad it wasn't before it happened or I wouldn't have allowed her to go.)

I just can't begin to imagine now what we would do without emails and text messages.

U3A Inner North members need to be congratulated. It seems that 90% of our members use the website and about 80% have enrolled online. We are endeavouring to increase this percentage, so at our midyear social gathering on 15 July we will make ourselves available to teach individual members how to do it!

It has also been really pleasing to see so many members attending IT classes and taking the opportunity to upskill. I find that sometimes it's all beyond me and I only take home one new piece of information from a session. But these pieces all add up.

I was speaking to the president of another U3A who told me that they have 64 members without email. I shuddered to think of the administrative workload. So thank you members for moving into the 21st century with me!

Pauline Kemp
President

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***A special thank
you to MP Andrea
Michaels & staff
for their ongoing
support.***



"Staying Active...mentally, physically and socially"

Location: Enfield Community Centre, 540 Regency Road, Enfield
Postal Address: PO Box 2008, Prospect, South Australia, 5082
Phone: 0410434048 Email: admin@u3ainnernorth.org.au
Website: <http://www.u3ainnernorth.org.au/>



REQUEST FOR HELP

Can you HELP

My name's Marnie, I'm a writer currently working on a piece for The Guardian about 70+ Australian men and women who are unpartnered, for whatever reason, and content about it. The piece will look at people aged 70+ in Australia who have found a sense of comfort, acceptance and happiness while romantically unattached later.

I was hoping you could put a call out to your group members or participants to see if anyone is happily unpartnered and would be willing to be interviewed for the piece. It would just be a short phone call and if they have any questions, they can email me on vinall.marnie@gmail.com or call me on **0437008523**.

FOCUS ON PROGRAMS

NB: Program Changes!!

Summary of Program changes for Terms 2,3 & 4
Please check the website for details
Enrolments are open now

Important
Message

Dates for the diary

Mid Year Social: Thursday 15 July 10am at ECC.

AGM & End of Year Celebration: Thursday 25 November 10am at ECC.

New Courses Starting Term 3

A Year in the Life of a Vine - Tuesday 9.30-11.00am MR2. Five sessions in August.

Chess - Tuesday 2.30-3.30pm MR1. Starting 20 July.

Italian - Thursday 10.45am-12.15pm MR2. Starting 22 July.

History on Thursday - 1st & 3rd Thursday 11.15am-12.45pm Hall. Starting 5 August (an extension of Sue Garforth's Larger Than Life Series).

Changes in Term 2

Mah Jong for Beginners - Now Tuesday 9.30am-12.30pm.

How to get More from Your Computer and Laptop - All sessions now MR2.

Tuesday Guest Speaker series - Now all in MR2.

Craft - Finish time now 11.00am not 11.30am.

French 1 - Now two levels 1.00-2.15pm and 2.15-3.30pm.

Smartphones and Tablets - There will only be 2 sessions in Term 2: 27 April and 25 May

Explore Street Food - Cost is now \$7. No session in May.

Changes in Term 3 and 4

Armchair Travel - There are 6 new sessions available on the program for the rest of the year.

French 2 - (ZOOM) Change to 9.00-10.00am in Term 3 (not currently taking new participants).

Agatha Christie - 2 sessions on Tuesday pm moved to Thursday pm in the Hall.

How to get More from Your Computer and Laptop: Managing Email Contacts Lists - Now 23 November, there is no session on 12 October.



Have you liked our Facebook page?
Keep up with the latest news and information.
Go to: <https://www.facebook.com/U3A-Inner-North-SA>
Please share posts with your friends on Facebook.



FOCUS ON PROGRAMS cont...

Starting in Term 2



Birds - If you want to see a lot of pretty pictures of birds, and maybe learn something as well, come along to our Birds group, **starting in Term 2 on 29 April** and continuing for the rest of the year. There is still time to enrol!

In Term 2 we will be looking mainly at birds found in South Australia. There will be two lectures this term plus two bird-watching outings. Binoculars are available if needed.

Term 3 Courses to Check!

A Year in the Life of a Vine

Tuesday 9.30-11.00am Weekly
5 sessions in August - 3, 10, 17, 24, 31

The course aims to give you an understanding of the basic life cycle of the grapevine and an understanding of pruning, vineyard site selection and establishment, vineyard operations, major grape varieties of the world and regional characteristics, thus producing different types and styles of wines in Australia and overseas countries.

Group Leader: Bob Barrett was a Lecturer in Horticulture, Viticulture and Oenology in the Discipline of Wine and Horticulture at the University of Adelaide. His study tours included various countries in Europe, Vietnam, America and South Africa.



Chess

Tuesday 2.30-3.30pm Weekly
Starts 20 July

Suitable for beginners and chess players who have forgotten the finer points of this ancient game. Notes will be provided.

Group Leader: Nan van Dissel is a retired teacher, who taught chess as part of primary school maths for 40+ years.



Italian

Thursday 10:45am-12:15pm Weekly
Starts 22 July

Designed for people who would like to learn the basics of Italian at a slow relaxed pace. Worksheets will be emailed each week. Slowly build your vocabulary every lesson as you travel to a new destination in Italy with its interesting lifestyle, customs and traditions.

Tutor: Marie-Antoinette Galletta is of Italian descent, has extensive experience teaching Italian and has visited Italy numerous times.

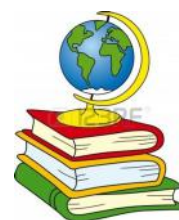


History on Thursday

Selected Thursdays 11.15am-12.45pm

Term 3 : Royal Whodunnits

Death of King William Rufus (son of William the conqueror)
Murder of Lord Darnley (husband of Mary Queen of Scots)
Disappearance of the Princes in the Tower.



Term 4: Pretenders

Anastasia of Russia
Bonnie Prince Charlie
The Tichborne Claimant (the butcher from Wagga who wanted to be an English Lord)

Lecturer: Sue Garforth had a varied career in the public service and private enterprise, then spent the last 15 years of her working life teaching in high schools in Australia and England. Now happily retired, Sue is able to indulge her passion for history lecturing at U3A.

Australia's Prime Ministers 1901-1949

Tuesday 9.30-11.00am
Weekly in Terms 3 & 4 (No sessions in August)

Mungo MacCallum called them the Good, the Bad and the Unlikely. Look beyond the politician to uncover the men behind the masks.

The focus is on the nine most significant Prime Ministers from Edmund Barton to Ben Chifley, those who guided Australia through Federation, World War 1, the Great Depression, World War 2 and into the golden age of the post-war period. Who were they, what motivated them, what were their interests, did they have family lives and what happened to them beyond politics?

Tutor: Dr David Kilner studied political science and history at Adelaide University and Social Administration at Flinders University. In this course he will apply his knowledge to an understanding of these important historical figures.



FOCUS ON PROGRAMS cont...

Street Food with Anneke - Term 1

Indian cuisine is rich and diverse. The climate ranges from tropical in the south to below zero in the north and this offers her people a broad range of ingredients. Religion also plays an important role in what is eaten, and many dishes contain ingredients or concepts borrowed from neighbouring countries.

Our first Street Food lunch in **February** focused on the food of North India. This tends to be rich in dairy and is served with a bread rather than rice as is practiced in the south.

After a few initial hiccups finding our way around a new venue, the group enjoyed a presentation by Daniel, a meal of curries, pakora and naan bread, and a sweet jalebi.

During lunch members have fun sharing their travel experiences and food stories.

In Vietnam it makes sense to eat soup to cope with the warm climate. Soup is a very hydrating and healthy food. It was introduced by the French in the late 1900's because it reminded them of home.

Our **March** menu consisted of a French inspired tomato soup with pork meat balls, rice noodles and fresh herbs. This was accompanied by spring rolls and salad, followed by Cassava cake.

During the Vietnam war, the farmers were not able to go into the fields to till their land. The Cassava plant became a staple to their diet as it grew with little attention. It could be collected during safer times and taken back to their hiding place. Traditionally, the root was peeled, cut into chips and deep fried before being dipped in peanut sauce to give it flavour. Cassava chips were not on the menu, but we finished our meal with Cassava cake made from the root of the plant.

At our next meeting we will focus on food from Turkey.



Above: Anneke with food from North India - Curries, Pakora, Naan Bread, followed by sweet Jalebi.



From Vietnam: Spring Rolls, Xiu Mai and Cassava Cake.



Anneke Hoffman

Street Food Recipes

Vegetable Pakora

1 cup shredded cabbage
1 medium onion sliced in slivers
¼ capsicum cut thinly
1 grated carrot
1 grated potato.
Add tsp ginger
½ tsp chilli
1 tsp garam masala
1 tsp cumin
1tsp coriander ground
1tsp garlic
Salt to taste



Mix and let the mixture rest for 10 mins to allow salt to draw the moisture.

Add 1 cup of besan (chick pea) flour two tblsp rice flour. Mix until it is squishy. You may need to add some water. Fry in oil until golden brown. Place on cooling rack so that they remain crisp.

Jalebi

Batter

1 cup SR flour
2 tblsp rice flour
½ cup yoghurt
½ tsp bicarb of soda
½ tsp turmeric
Drop of red food colouring
Mix together and let it sit for 5 hours.

Syrup

1cup water
2 cups white sugar
Juice from a lemon
A few drops of rose water
4 cardamom seeds.



Google a Youtube video to see how to make them.



FOCUS ON PROGRAMS cont...

Mosaics with Teresa



Teresa Pizzino has been involved with U3A since the first conversations to establish U3A Prospect (now U3A Inner North) and formed part of the original Ideas Team.

Mosaics was one of the first courses put forward for inclusion in the initial U3A program. It remains a very popular and in demand course. As Group Leader, Teresa provides guidance to new members and shares tricks and tips that she has learnt over the years.

Teresa's love of mosaics was sparked by a visit to the ancient baths in Sicily with their beauty which has lasted over hundreds of years. Her late husband, Sam, used to say, *"Mosaic pieces are just like life, you choose a piece and place it where you want it to go and create your own masterpieces. Don't compare mosaic to jigsaw puzzles as the pieces have already been chosen by someone else."*

She is Group Leader of "Crack Pots", a mosaics group which has been running on Thursday mornings at Prospect Council for about 15 years. She remains inspired by the way people overcome significant life challenges to create beautiful works.

Teresa has many community interests being involved with the Italian Community social programs, Neighbourhood Watch, Regency Community Men's Shed. She also enjoys her Walking Group and Tai Chi and is a regular visitor to the newly formed U3A Craft Group, sharing her multiple crafting talents with members.

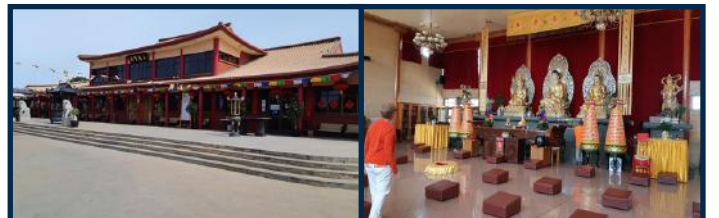


Above: Just some of Teresa's mosaic projects.

Chinese Language and Culture

Members of the Chinese Language and Culture group enjoyed an outing to the Chinese Buddhist Temple at Ottoway on Tuesday 2 March. After a wonderfully informative tour of the Temple, they explored this beautiful and fascinating centre.

Jo Kemp



Out & About - Prospect Air Raid Shelter



Out & About members enjoyed a visit to the historic Prospect Air Raid Shelter on 6 May.

The visit was lead by Neil Rossiter.





FOCUS ON PROGRAMS cont...

Tutor Reports - Term 1

Tuesday Film Group continues on with our latest venture into French films partaking of the French Film Festival. There was a snag for our April session with the projector in theatre #1 at Prospect Nova breaking down. We received refunds and a free voucher for any film in the near future. Most of us took the opportunity to meander off to Komodo for a "good old natter"!

Friday Book Group discussions are always lively, honest and thoroughly enjoyable. This year we have discussed "The Lacuna", Barbara Kingsolver; and "Eleanor Oliphant is Completely Fine", Gail Honeyman. Our April discussion was on "Where the Crawdads Sing", Delia Owens, with a set of 10 books being purchased and donated to the Prospect Library.

Using our local facilities of the library and film theatre has rewards for all concerned. We love it!

Jenny Smith

Tell Me What You Think got off to a cracking start in Term 1. Topics discussed covered:
Industrial manslaughter – do we need new laws?
Should the Olympics go ahead?
Is a New Colonialism emerging in Africa?
Mars and Beyond
The Role of Assistance Dogs
Order of Australia – time to revisit the selection process?
Are complementary medicines adequately regulated?
The Rape Culture
Effectiveness of the March4Justice Rallies
Participation levels were high and keen discussion ensued.

Topics selected so far for Term 2 are:
International Travel – what will make it possible again?
Customary law/indigenous law & Settler law: how can they work together?
Is the World Bank doing good?
How much of Australia is owned by Australians? Does it matter?
You don't need to be an expert to join in – you just need to tell us what you think!

David Kilner

Armchair Travel With overseas travel still restricted, Term 1 saw our armchair travellers visit **A Summer At Davis Base, Antarctica** with Martin Crowe; explore **Hidden Parisian Gems** with Liz Kerby-Eaton; and head off to **Notorious Norfolk Island** with Pauline Kemp.

Term 2 begins on **Thursday 6 May** when Rodney Gracey will take members to the **Chateaux of France**.

Coming up in Term 2:

20 May - Travel along **Russian Waterways**, presenter David Kilner ;

3 June - Visit **Alaska By Land and Sea**, presenter Chris Jordison; and on

17 June explore **Life in Lebanon**.

Water Colour classes settled in well in Term 1 with everyone loving being back in the lovely new classroom. We welcomed many new students.

The class is full. Half the students have very little experience with the medium and the other half have been with me for 2 years. In order to give individual attention to everyone, I've had to split my group into beginners and those more experienced. They still mix and chat together and learn from each other.

The more experienced students are working on their own styles with guidance from me when they request it, allowing me to concentrate on the basics for the newbies.

I set different fortnightly topic challenges. The students research their images and make their decisions on the processes for completion in their own time. This improves their creativity and allows them to begin developing their own style. Once completed, their artworks are brought in for assessment. We share the comments and it's really exciting to see everyone's improvement.

In Term 2 we'll begin by learning shading and glazing then move on to painting flowers of their choosing.

Vonney K

Wednesday Book Group is currently full, with 10 members. We meet 10 times a year, including school holidays. So far this year we have discussed issues in Japanese/Korean colonisation and history (Pachinko - Min Lee), whether we would want to know when we were going to die and how we would respond if we did, (The Immortalists- Chloe Benjamin) and a traumatised Australian family rebuilding bridges and relations (Bridge of Clay - Markus Zusak).

We are looking forward to The History of Bees in May, which looks at the importance of bees to our survival.

Karen Tierney

Out & About There were 2 outings in Term 1. In February members enjoyed a guided tour the **David Roche Foundation** exhibition. In March we travelled to the beautiful historic **Carrick Hill**.

Events in Term 2 begin with a tour of the **Prospect Air Raid Shelter**, followed the **Heritage Walk of Port Adelaide** and a visit to **West Terrace Cemetery**.

There are vacancies for the Prospect Air Raid Shelter visit but the other outings have waiting lists.

Janet Bradshaw

Guest Speaker Series In February Greg Pattison, CEO **Foodbank SA**, shared information about the work of the largest independent hunger relief charity in Australia and in March Australian novelist Elizabeth Haran enlightened members about **A Day in the Life of a Writer**.

In Term 2 starting on **Tuesday 18 May**, take a **RAA Driving Quiz** with Tony Ey from RAA. Be surprised by what you do and don't know and learn how to improve your driving and safety. Then on **15 June** listen to a fascinating talk about the history and current status of the **Royal Flying Doctor Service**.



FOCUS ON PROGRAMS cont...
Term 1 Class Photos



SASSY - Stage1



Smartphones & Tablets



Art Appreciation



Chinese Language & Culture



Circle Dancing



French



Photography



Guest Speaker Series



Table Tennis



Larger Than Life - History



Mah Jong



Mosaics



Craft



Street Food



Out & About



SASSY - Stage 2



ART EXHIBITION - ANNEKE HOFFMAN



I have been working hard to present a new body of work for my exhibition at the Lambert Estate winery.

The exhibition runs from 2 May until 15 June. I will be presenting 58 pieces with subject matter ranging from still life, Australian birds to Barossa landscapes.

You are all welcome to come and have a look. It is a beautiful venue which overlooks the surrounding vineyards and the restaurant does a lovely lunch platter. There is also wine tasting available.

Because of possible number restrictions, please give the winery a call on the morning of your visit.

Lambert Estate Winery
55 Long Gully Road, Angaston
Open daily 11am-5pm
Phone: 8564 2222

Anneke Hoffman



A sample of the works showing at Anneke's exhibition

Newsletter Contributions



Do you have something you would like to contribute to the Newsletter?
We welcome all contributions from our members. Share something of interest to you, or make suggest improvements that could be made to the Newsletter.

I would love to hear from you and can be contacted via email at:

promotions@u3ainnernorth.org.au



U3A INNER NORTH INFORMATION PAGE

ECC COVID Rules

**Stay
COVID
Safe!**

NB: members should register with QR code on arrival at class.

Please also ensure you record your details on the U3A class attendance sheet, which also serves as a contact-tracing sheet.

It is still necessary to follow the ECC COVID rules ie **social distancing, cleaning surfaces after use.**

Tea and coffee supplies will be available. **Please bring your own cup.**

Membership Payment Options

New: Members can now pay to join/renew their membership online using eWAY!

There are now four methods of payment:

1. Pay by credit card through eWAY within the database
2. Pay through your bank online

3. Post a cheque to: PO Box 2008, Prospect, SA, 5082

4. Pay in person by cash during U3A office hours

When paying online, please Include your name in the "reference" field

Contact Information & Term Dates for 2021

Location: Enfield Community Centre,
540 Regency Road, Enfield
Office Hours: Fridays, 9.30 – 10.30am
during U3A term times
Address: Post Office Box 2008, Prospect,
South Australia, 5082
Phone: 0410 434 048

Email: admin@u3ainnernorth.org.au –
general enquiries
membership@u3ainnernorth.org.au –
membership/enrolment enquiries
Facebook: <https://www.facebook.com/U3A-Inner-North-SA>
Website: <http://www.u3ainnernorth.org.au/>

U3A Inner North is a member of [U3A SA](#)

Term 1: Tuesday 2 February–Friday 26 March

Term 2: Tuesday 27 April–Friday 18 June

Term 3: Tuesday 20 July–Friday 10 September

Term 4: Tuesday 12 October–Friday 19 November

USEFUL LINKS

U3A Inner North <http://www.u3ainnernorth.org.au/>
U3A Inner North Facebook <https://www.facebook.com/U3A-Inner-North-SA>
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>
Be Connected <https://beconnected.esafety.gov.au/>
SA Community Directory: <https://sacommunity.org>

Please share useful links you have found.

Email: promotions@u3ainnernorth.org.au

TEA TREE GULLY RENDEZVOUS 2021

Rendezvous 2021 is the annual get together of U3A SA.
This year it will be held at Tea Tree Gully U3A.
Watch for more details closer to the date!



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.



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.



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.

CARD MAKING

Get some ideas for making personalised greeting cards.



NEWMANS NURSERY

View one of Adelaide's oldest Nurseries with specialty 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

