

U3A Inner North



July 2021

PRESIDENT'S REPORT

"In Praise of Tutors"



When I was young my mum used to read to us from a little poetry anthology titled "In Praise of Love". I want to call this piece "In Praise of Tutors" but don't worry, I won't burst into verse.

U3A tutors deserve to be praised. Although tutors share many of the attributes of angels, they are in fact mere mortals who generously share their knowledge and interest in their chosen topic. They undertake all the mundane but necessary extras as well. They communicate with students prior to class, ensure attendance sheets are up to date and COVID compliance requirements are met, and have all undertaken COVID marshal training. They are

responsible for setting up the tables, chairs and technology for classes, and often use their own supplies and equipment.

They often spend hours beforehand in class preparation and give freely of their time during classes/sessions. They try to ensure that what they are offering to their students is interesting and of high quality, sometimes at great personal cost. I know of one tutor who spent the whole night awake worrying that the technology for her Birds presentation might not work – and it didn't...

U3A management has considered purchasing halos for all our tutors so that members can offer suitable homage but the tutors declined the offer.

On a more serious note, our tutors underpin everything U3A is about. Without them we would have nothing to offer! Remember always they are volunteers and we can all do some small things to make their job easier:

- Read the emails they send. I repeat, read the emails. Not just the title and the last line.
- Let them know by text or phone or email if you can't attend their session.
- Keep the tutor's phone number in your phone contacts so you can text them if necessary.
- Help with the room set-up and packing up.
- Let them know that they are appreciated.
- However, you do not need to bow as they enter the room.

We are always looking for more angels to put up their hands and offer to lead a session or a group.

If you are considering becoming a tutor in an area which interests you, it's OK, the wearing of a halo is not compulsory.

From all on the management committee, a huge thank you to all our tutors and group leaders. We recognise your worth and deeply appreciate the skills and dedication you bring to U3A Inner North.

<u>Reminder:</u> Don't forget our Social Event on Thursday 15 July, 10am-12pm! It is an opportunity for tutors and members to socialise over coffee and cake, and get some hands on assistance with any issues they may have with online facilities.

In This Issue:

- President's Report
- Focus on Programs New Courses Term 3 Out & About in Port Adelaide Table Tennis on Wednesdays Canasta Chinese Language & Culture Craft Group Beginners French Wednesday Book Group
 - Birds Craft Beer Enthusiasts
 - Water Colour Classes Circle Dancing SASSY Tuter Departs Term 2
- Tutor Reports Term 2
- The Ladies Shed Request
- Honey Update
- U3A Inner North Information We Need Your Help Noticeboard Facebook ECC COVID Rules Contact Information/Term Dates Newsletter Contributions Useful Links
- Mid Year Social Event
- Tea Tree Gully Rendezvous 2021

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

Pauline Kemp



"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: <u>admin@u3ainnernorth.org.au</u> Website: <u>http://www.u3ainnernorth.org.au/</u>



FOCUS ON PROGRAMS

New Courses!

Looking for something new to expand your interests? Check out the new courses being offered in Term 3. It's not too late to enrol! Check the website for more information.

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.

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Australian

Prime Ministers

1901 - 1949

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.

Australia's Prime Ministers 1901-1949

Tuesday 9.30-11.00am

20 July - Edmund Barton 27 July - Alfred Deakin 7 September - Andrew Fisher 12 October - William Morris Hughes 19 October - Stanley Melbourne Bruce 26 October - James Scullin 2 November - Joseph Lyons 9 November - John Curtin

16 November - Joseph Benedict Chifley

This course examines the lives,

achievements and challenges of nine of Australia's Prime Ministers from Federation through to 1949. Who were these men? What did they hope to achieve? What was their impact on Australia? We look at their upbringing, their families and their lives before and after politics. Along the way we discover many human stories – and tragedies as well.

Members can enrol in the whole series but come to as many or as few of the talks as they wish.

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.

<u>Chess</u>

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.



<u>Italian</u>

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

Thursdays 11.15am-12.45pm

U3A Inner North is thrilled that visiting history expert Sue Garforth has agreed to repeat her series of 6 lectures first presented 3 years ago.

If you haven't heard Sue's version of history you have missed a treat.

Enrol for the whole course and come to as many as you can.

Term 3 - Royal Whodunnits

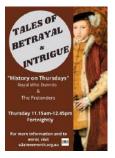
- 5 August Death of King William Rufus (son of William the conqueror)
- 19 August Murder of Lord Darnley (husband of Mary Queen of Scots)
- 2 September Disappearance of the Princes in the Tower.

Term 4 - Pretenders

- 21 October Anastasia of Russia
- 4 November Bonnie Prince Charlie
- 18 November 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, plus 15 years teaching in high schools in Australia and England.







FOCUS ON PROGRAMS Out and About in Port Adelaide







Top 4 photos: Out and About in Port

Left and below: Out and About in Port

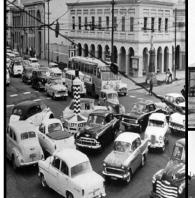
Adelaide 17 Mav

Adelaide 24 Mav

The weather was kind to us on both tours of historic Port Adelaide. Walking provided the opportunity to truly appreciate why parts of Port Adelaide are heritage listed. The architecture of many of the buildings is quite remarkable. These include Colonial, Victorian, Gothic and Italianate buildings as well as a few non-heritage listed Art Deco buildings.

Whilst walking around the streets we could get a sense of historic Port Adelaide as the State's major port in its day. Other associated businesses such as customs, stevedoring, banking and finance and of course the many hotels to quench the thirst of the hard workers, added to that history. Sadly, we also saw buildings in need of repair and hope the changes and redevelopment that are slowly occurring will again see Port Adelaide become the popular place it should be.

Angy Henn



Old photos of Port Adelaide Above: Black Diamond Corner Top right: Dock Railway Station Centre: Port Ozone Theatre Below Right: Port Adelaide Railway Station - Commercial Rd



Table Tennis on Wednesdays

On Wednesday mornings in the stadium space at ECC, a small group of enthusiastic table tennis players prepare for 2 hours of laughter and exercise. Many have not played before or did so many moons ago.

The group have not only honed their skills, but have improved their reflexes and used muscles they had forgotten existed.

The relaxed social environment has enabled these keen participants to compete in a light hearted manner and enjoy each other's company while gently exercising both their minds and bodies.

As the saying goes: "Use it or lose it!" Fiona Wald





FOCUS ON PROGRAMS cont...

Canasta



Chinese Language and Culture

Chinese Language and Culture members attended a presentation demonstrating the art of Chinese paper cutting at the Confucius Institute at Adelaide University. They also learned interesting information about wedding traditions. This was followed by a fun hands-on paper cutting session.

Jo Kemp

Canasta starts again for Term 3 on Friday 30 July from 1:30-3:30pm in Room MR2 and is played fortnightly.

In Term 2 some of our group started playing another version of canasta called samba which introduces a couple of variations. (Yes, some of us have been caught humming along to a samba tune!). This is a three pack card game that can be played with 2, 3, 4, 5 or even 6 players!

Thanks to our committee for providing new card packs. Canasta is a great game to keep the mind active and we enjoy banter while we try to outwit the opposition team.

More players are welcome to join us (new or experienced). We look forward to melding with you!

Kristina Barnett



Lifestyle staff at Paradise Resthaven Aged Care facility reached out to local crafters to support their Knit-a-thon for the Life's Little Treasures Foundation who provide support and assistance to families with premature and sick babies.

U3A Inner North Craft Group participated in the Knita-thon held 1-31 May and Jan and Marilyn's beautiful knitting, in the name of U3A Inner North, was gratefully received by Paradise Resthaven.

The Craft Group would love some new members. Come and share your ideas and skills, or come along to learn skills and enjoy socialising.

Jude Hennig

Delightful follow-on: A person Jan knows works at a Medical Training Centre. Part of that training requires handling life-like models of premature babies. When this person saw Jan's work she "commissioned" her to make non-gender specific clothing for the model premmie babies to make handling them more real-to-life for the students.



Craft Group

Beginners French is held weekly on Wednesday at 1pm. The group enjoys good community spirit and happy learning!

Despite the differences in levels, we've made good progress together and enjoyed ourselves thoroughly in the process.

Henry Phan



Left: Crafters Jan and Marilyn with their tiny creations for Tiny Treasures.





FOCUS ON PROGRAMS cont... Wednesday Book Group



Left: Members of the Wednesday Book Group at Mockingbird Café. Below: RSB Guide Dog Trainee, Honey sitting quietly in her



Birds

Our fledgling Birds group started meeting in term 2 on Thursday mornings at ECC.

Thus far we have had two introductory talks with more to come next term. Some of the group have even left the nest to go exploring.

The first field trip was a flying visit to the wilds of Pooraka where we saw 21 different birds species before the rain started. We recuperated in a nearby coffee shop.

On the second trip we ducked into the St Peters Billabong where we got some wonderful close-up views of a little Pied Cormorant and some Australasian Grebes. A little bird told us there was a coffee shop around the corner so we checked it out...

There's a lot to be said for a field trip. You get to enjoy the peace of nature, and you get fresh air and exercise while you discover new feathered friends, thereby killing several birds with one stone. Using binoculars adds to the experience, as you can appreciate the colours and finer details of birds often taken for granted.

During U3A holidays expect to find us visiting Laratinga, the wonderful wetland at Mt Barker, as happy as larks as we continue to be amazed by the variety and beauty of SA's birds.

Pauline Kemp

Wednesday Book Group meets on the third Wednesday of the month. The lively and varied group of readers recently visited Mockingbird Cafe/ Book Shop for their June meeting. Our honorary member Honey, trainee Guide Dog, is a regular and well behaved member of the group!

We held a fantastic discussion of an Aussie novel Jasper Jones, followed by lunch and coffee.

Next month we move to 17th Century Amsterdam for The Miniaturist.

There are currently 2 spots available for new members. Anyone interested can enrol online, or ask for Karen to give them a call to discuss and answer any questions they may have.

Karen Tiernev





Top[.] Bird watching in the rain Left: Cormorant and an Austaliasian Grebe

Craft Beer Enthusiasts



The group is continuing to grow their knowledge and analytical skills pertaining to a range of craft beers. Members have met at various locations, with the next session to be held at The Little Bang Brewery, Stepney. This is an all male group and discussion ranges from the types of beer, sport and current events to men's health, in a safe and supportive environment.

Neil Rossiter



FOCUS ON PROGRAMS cont...

Water Colour Classes

In term 2 we studied painting "Flowers", "Ink and Wash" and "Spontaneous Landscape painting". Everyone enjoyed the freedom to be creative with the spontaneous exercise.

Our fortnightly challenges continue. Each person takes a turn at sourcing a topic. Topics have been varied and creative which everyone has enjoyed.

Exhibition notice: the 22nd Prospect Community Art Show is being held in the Newmarch Gallery, Prospect Road from 25 July-22 August 2021. I am excited to let you know Jo Kemp and I will be exhibiting work in the Art Show.

Vonney K



My thanks to Vonney for providing such an interesting class.

attempted previously.



FOCUS ON PROGRAMS cont...

Circle Dancing

Meet the Dynamic Duo

Lyn Porter was one of the original facilitators when U3A Prospect started up in the Prospect RSL building in 2018 and has remained through the moves to Broadview then to Enfield as U3A Inner North. Heather Purcell has been a long-time devotee to folk dancing and more recently Circle Dancing. Since retiring in 2020 Heather has been able to be more involved in our Circle Dancing group.

About the Group



We're an open, friendly, enthusiastic group who enjoy dancing and each other's company. There is always a buzz in the room during dancing interludes and a few people remain behind after class to chat more in the hallways and carpark. Visitors are most welcome & potential U3A members are encouraged to try us out first before enrolling.

Lyn Porter (facilitator) & Heather Purcell (assistant & Covid Marshall)

Consistent core numbers and thorough teaching of all dances each week allow for flexibility in individual attendances. Dancers are able to take time out for various reasons and slot back into the class upon their return. The weekly dance programs are unique so there is no chance of getting bored and are designed to meet the needs and preferences of the group.

Circle Dancing Origins

Circle Dancing is almost half a century old and had its beginnings in Findhorn in northern Scotland. It has since spread to embrace all of the UK and the rest of the world with many proponents of the modern form being based in South America.

It differs from traditional folk dancing in that the dance is kept simple enough for the average person to learn and enjoy in one session.

Circle Dancing has taken the basic folk dancing steps walking, swaying, rocking, step touches, grapevines etc and put them to a variety of music including traditional, classical, reggae, pop, rock, country. Simplified forms of some traditional folk dances remain plus a variety of choreographed dances.

Above: Jill & Lorraine are unconcerned about the Blue Monster keeping its eye on them while Jill leads our "warm -up" dance. Lyn Porter



Above: Golda leading the warm up dance

Winter Solstice Hills Adventure

A dozen of U3A Inner North Circle Dance members attended an end of Term 2 Winter Solstice Celebration hosted by U3A Adelaide Hills Mt Barker on 22 June at Mt Barker Town Hall.

Here is a compilation of attendee comments.



Above: U3A Inner North Circle Dancers at the Winter Solstice Dance Celebration at Mt Barker campus. From left: Pauline, Olwyn, Lyn, Heather, Melanie, Kathy, Golda & Lynnell

We were warmly welcomed and shared an amazing Winter Solstice experience with more than 50 U3A dancers from Inner North, Campbelltown, Adelaide Hills – Mt Barker and Crafers, plus their friends. One of the highlights was the visitors' thank you dance taught by Lyn Porter and performed by the guests in a circle around the hosting group to express our gratitude and heartfelt thanks

A lovely drive into the hills, a warm welcome, the dancing was fun, and the decoration of the hall was just right to bring that solstice feel to the day.

To top off a memorable morning, Heather had booked lunch for us at the pub next door providing an opportunity to get to know the others a little better.

A delightful ending to a happy day.

Many thanks to Lyn & Heather.



FOCUS ON PROGRAMS cont... SASSY

Masked up and ready to go, members of SASSY braved the cold weather (11 degrees felt like 6) and enthusiastically took on the challenge of learning the technique of spray painting to create a vibrant mural with a positive ageing message "Grow Bolder, Not Older".

When finished the mural will be displayed along the front fence on Regency Road.

Jenny Rossiter

Tutor Reports

Tell Me What You Think is a current affairs discussion **Armchair Travel** meets fortnightly on Thursday group. Members choose topics together and each fortnight someone takes responsibility for leading the discussion.

For example, topics discussed in semester 1 this year have included:

- \Rightarrow Should the Olympics go ahead this year?
- \Rightarrow Does SA need industrial manslaughter laws?
- \Rightarrow Should we re-think the Order of Australia?
- \Rightarrow Mars and Beyond?
- \Rightarrow Ending the Rape Culture
- \Rightarrow The Role of Assistance Dogs
- \Rightarrow Customary law vs Settler law How do they work together?
- \Rightarrow Does SA need longer shopping hours?
- \Rightarrow Should we have Voluntary Assisted Dying in SA?
- \Rightarrow Retirement villages & the Federal policy of enabling older people to stay in their own homes

As you can see the variety of subjects is varied. Why not join the group and share topics that interest you. We would love to welcome new members to the group. The Group currently meets fortnightly.

Out and About held 4 activities in term 2. Neil Rossiter led a tour of the Prospect Air Raid Shelter, Angy Henn conducted 2 walking tours of Port Adelaide, and Linda Christy led a heritage tour of West Terrace Cemetery.

The outings proved to be very popular and as coordinator of the program, I would like to acknowledge the many hours of research and planning each of the tour leaders put into their preparation for their particular outings.

The next Out & About activity was to be a visit the Adelaide Town Hall on 26 July. Unfortunately the tour has been cancelled. These tours are not being offered at the moment due to the ongoing health restrictions.

Janet Bradshaw

Guest Speaker Series presenters in term 2 covered a RAA Driving Quiz in May and the Royal Doctors Flying Service in June.

Join Peter Jolly for The Joy of Flight on Tuesday 20 July at 1,30pm and share his experiences and love of flight. There are still places available. Enrol now!!



mornings. Presenters have provided some interesting and varied travel stories and discussion points.

In term 2 we travelled to parts of the Chateaux in France, cruised the Russian Waterways, visited the frontiers of Alaska (by a variety of travelling options) and did some extensive touring on the Swiss Railways. A big thank you to all the presenters for sharing their experiences.

With the opening of Australia and New Zealand borders some of the group have booked holidays (local and overseas). We look forward to their return and subsequent discussions with the group.

Terms 3 & 4 offers a wide variety of destinations: 5 August - Sicily.

Presenter: Fiona Wald

- 19 August African Safari.
- Presenter: Martin Crowe 2 September - Exploring South-West England. Presenter: Liz Kerby-Eaton
- 21 October The Ancient City of Kyoto.
- Presenter: Jenny Harris 4 November - A Circuit of Iceland.
 - Presenter: Pauline Kemp
- David Kilner 18 November Christmas in Berlin/New Year in Norway. Presenter: Rodney Gracey

Please give some thought to sharing your travel stories next year. We would love to hear them!

If you know anybody who is interested in attending, please encourage them to join us on our virtual travels. Rodney Gracey/Pauline Kemp

Murder Mystery Book Group (MMBG) meets on the 1st Tuesday of each month including in term breaks.

The books discussed so far this year have been The Mother-in-Law (Sally Hepworth); The Survivors (Jane Harper); The Family Upstairs (Lisa Jewell); The End of Her (Shari Lapena); Stillhouse Lake (Rachel Caine) and The Devil Inside (DL Hicks).

There's always a lively discussion from a series of presented questions. The views are varied which makes for an entertaining afternoon.

Angy Henn



THE LADIES SHED REQUEST

No Batteries Required...

We are looking for ladies to help us make natural classic wooden puzzles, toys and Xmas decorations.

Join the Ladies Shed, Mondays 1 - 4 pm, behind the Enfield Community Centre (part of the Regency Community Mens Shed). No experience required. We use a scroll saw to cut out the puzzles (similar to using a sewing machine). Training and all materials are provided. Come and enjoy the relaxed and informal social environment.

Toys and decorations will be sold at a stall later in the year, with proceeds going to a local charity.

For more information, drop into the Shed on a Monday or email Jenny Rossiter: <u>njrossiter@ozemail.com.au</u>



Over the past year Honey, RSB Guide Dog trainee, has become a familiar sight at U3A. Now comes the most difficult part of being a Puppy Educator. It is time for Honey to leave me. She has been chosen to become a breeder.

Thank you everyone at U3A Inner North. Bringing her to classes, meetings etc has been a valuable part of her training.

Keep your eyes out for the next little trainee who will be attending U3A in the near future. Marilyn Pearson



Right: Honey watching Lacrosse at Glenelg

U3A INNER NORTH INFORMATION

We Need Your Help



Do you enjoy learning new skills, or have IT skills you can share, while being involved in helping keep U3A running smoothly?

Don't hide your skills under a bushel! Let us know what you are interested in and help will be on hand to get you started. We are looking for members who can help out in the specific fields of:

- Database support;
- Newsletter Editing support;
- Program support;
- Facebook support.

Noticeboard

Remember to Check the
Noticeboard!!It's located in the corridor
on the way to Meeting
Room 1 and has lots of
important information
displayed.





Facebook

If there is something you would like to see more of on our Facebook page, please tell us.

Leave a comment if you have enjoyed an outing, guest speaker or course. Share our page with friends.



Have you liked our Facebook page? Keep up with the latest news and information.

Go to: <u>https://www.facebook.com/U3A-Inner-North-SA</u> Please share posts with your friends on Facebook.



U3A INNER NORTH INFORMATION cont...

ECC COVID Rules



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.

Contact Information & Term Dates for 2021

Address: Post Office Box 2008, Prospect, South Australia, 5082 -North-SA Phone: 0410 434 048 Website: http://www.u3ainnernorth.org.au/ U3A Inner North is a member of U3A SA		Enfield Community Centre, 540 Regency Road, Enfield Fridays, 9.30 – 10.30am during U3A term times	Email: Facebook:	admin@u3ainnernorth.org.au – general enquiries membership@u3ainnernorth.org.au – membership/enrolment enquiries https://www.facebook.com/U3A-Inner
Phone: 0410 434 048 U3A Inner North is a member of U3A SA		South Australia, 5082	Website:	
	Phone:	0410 434 048	U3A Inner North is a member of <u>U3A SA</u>	

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

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

Marilyn Pearson Newsletter Editor

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 <u>https://www.cotasa.org.au/</u> Latest Covid-19 news <u>https://www.covid-19.sa.gov.au/</u> recovery Be Connected <u>https://beconnected.esafety.gov.au/</u> SA Community Directory: https://sacommunity.org

> Please share useful links you have found. Email: promotions@u3ainnernorth.org.au



MID YEAR SOCIAL EVENT

It's been too long since we've been able to have a proper social get together and finally the time is here!

It is an opportunity for tutors and members to socialise over coffee and cake in a relaxed atmosphere.

For those who may be challenged by using online facilities, hands-on assistance will be available to guide tutors and members through the processes. Don't be shy in asking for help, it's easier than you think!

We look forward to seeing you there Thursday 15 July at 10am.

Keep warm and cosy with a hot cuppa and cake..

MID YEAR Social Event

Thursday 15th July

10.00am in the Hall



Enfield Community Centre Everyone is welcome

An opportunity to meet and mingle with other U3A members and tutors.

TEA TREE GULLY RENDEZVOUS 2021



Tuesday October 5 Wednesday October 6 Thursday October 7

Bookings now open at trybooking.com/BRJLN

Activities will include: ★Photography ★Astronomy ★Dancing ★Wine Appreciation ★Ukulele ★Geology ★Tai Chi ★Singing ★Exercise ★Contract Bridge ★Climate Change ★Philosophy and lots more...

Full program at: u3attg.org.au/rendezvous

Rendezvous 2021, the annual get together of U3A SA, will be held in October at Tea Tree Gully U3A. Go to the website and check out the incredible program they are presenting!!

Bookings are now open!