



Photo by Fiona, Photography Group

Term 1 2022 Newsletter 2

Since our beginning five years ago, we have been building a strong U3A Inner North community. When we are part of a thriving community, we feel a sense of kinship, camaraderie and connectedness. We feel that we belong.

In our community, there is a place and a role for every member, whether you are a participant, a group leader or a committee member.

As a participant there are many things that you can do to help our organisation run smoothly and to add value to our community. Every small act makes a difference.....

**The magic of
a community
is in the
shared act.**

- Talk to someone different in your group this week
- Arrive a few minutes early to assist the tutor set up, and then stay to help pack up
- Let your tutor know if you are unable to attend a session.

- Look out for each other by social distancing and following Covid guidelines
- Read your emails thoroughly and respond promptly
- Regularly look at our website for up to date information
- Volunteer to help the committee, or offer to give a talk or run a course
- Smile - have fun, add to others' enjoyment....

In this Issue....

President's Report

Volunteer Opportunities

So Far This Year

What's Coming Up

U3A Statewide Online

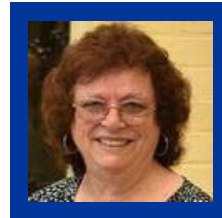
Change Of Office Hours

Covid Rules Update

SALA Exhibition

Laughter Is The Best Medicine

PRESIDENT'S REPORT



We at U3A inner North are very pleased with ourselves. The year has started without a hitch. We have put together a good program and our courses are for the most part well attended. We have 221 members, over 37 of whom are new, and there is a lot of goodwill and camaraderie about. The COVID situation has seemed to stabilise and everyone is behaving respectfully.

I think we have reached this stage because of a lot of hard work by those who started up this organisation five years ago. That work has been augmented by the current committee (some of whom are original members). Wouldn't it be great if the organisation became so streamlined it could run itself!

But until then we are looking for more hands-on-deck so there is less work for each individual to do. We are splitting some roles into several parts to make them less onerous. Our treasurer and our current program coordinator will be stepping down later in the year. By my reckoning we need 6 more members to step up and lend a hand. Talk to a friend and volunteer together! It need only be for a year or two.

We are asking now, both for our peace of mind and also so that prospective helpers can work alongside current helpers and learn the role. Many of these roles do not necessitate joining the committee.

So if you like what we are doing and have a bit of spare time, contact us! We are expecting to be inundated by emails from hordes of interested members!!

Pauline Kemp



Term Dates

Term 2: Mon 2 May - Fri 8 July
Term 3: Mon 25 July - Fri 30 Sept
Term 4: Mon 17 Oct - Fri 9 Dec

Terms 1 - 3: 10 weeks; Term 4: 8 weeks



Diary Dates

Mid Year Social: Thurs 21 July
AGM: Thurs 13 Oct
End of Year Celebration: Thurs 15 Dec



**Special thankyou to Andrea Michaels Member for Enfield
and staff for their ongoing support.**

VOLUNTEER OPPORTUNITIES



PROGRAM CO-ORDINATOR

A new co-ordinator (can be a shared role) will be needed to prepare the 2023 program with the support/mentorship of Jo Kemp.

The role is being drastically simplified by creating separate roles for room bookings officer, a tutor co-ordinator, and program booklet editor.

The program co-ordinator prepares the information for the courses and writes the program for the following year - this involves some commitment from term three.

- In term 3 call for new courses, set dates and deadlines.
- Liaise with prospective tutors.
- Prepare the new program, in consultation with tutors, and the tutor co-ordinator.



TUTOR CO-ORDINATOR

We are looking for a tutor co-ordinator (can be a shared role) with responsibilities to communicate with tutors and to help the program co-ordinator collect and manage information for courses.

- Stay in contact with tutors about any current problems and their intentions for the new year.
- Arrange induction for new tutors, with the assistance of management committee.



HELPER ROLES

Out and About and Guest Speaker

Both these roles already have a very able volunteer for next year. Jill Jolly will continue on with Guest speaker and Helen Johnston will be managing Out and About.

Since these roles are going to be taken out of the program co-ordinator responsibility, it would be very good if both of them had a helper - no experience necessary!



VOLUNTEER OPPORTUNITIES



TREASURER



Like working
with money?

Make your
dreams come
true and
become our
Treasurer



No experience needed

U3A Inner North is seeking someone to
take up the spreadsheet after the AGM
in October. It could be you!!!

Although all of these volunteer positions will not be vacant until later in the year, NOW is a good time to put up your hand. This gives you at least 6 months to "test the water" to see if this is for you and to "learn the ropes" alongside those currently in these roles.



Anyone who would like to know
more please contact
Pauline

admin@u3ainnernorth.org.au or
Jo

program@u3ainnernorth.org.au
for a no pressure - no obligation
chat!

Please note: The Treasurer and Program Co-ordinator are official committee members, however the Tutor Co-ordinator and the Out and About and Guest Speaker Helpers are not required to be on the committee.

SO FAR THIS YEAR.....

MOSAICS



The mosaic group currently has 15 members, and it's a very busy & happy group.

The girls are working on some projects to put in the SALA exhibition later this year.

There will be pots, birds, bird houses & other treasures.

Teresa Pizzino



TELL ME WHAT YOU THINK



Tell Me What You Think is a discussion group for those who enjoy a good chat and interaction with others about current affairs. Members of the Group suggest topics for discussion. So far this year we've discussed the question of cat control; the Religious Discrimination Bill; and population growth for Adelaide.

Usually, the leader will circulate some brief introductory reading material to help the discussion.

One member of the Group may give a brief introduction to the topic then the discussion will flow freely. Discussion is very relaxed and all members are encouraged to contribute.

We still have vacancies in the Group so please think about giving us a try.

David Kilner

SO FAR THIS YEAR.....

CREATIVE WRITING GROUP

We're a small group of people who want to improve their writing skills. We meet fortnightly and practice our skills through exercises which are set by the tutor.

So far, we've studied the following topics: How to use all the senses when writing; 'Showing' not 'Telling'; using Point of View effectively; and understanding the role of Setting and Description. We are open to new members – you don't need to do the entire course – you can join at any stage. Nor are we restricted to writers in any one genre. Most importantly, you don't need to have any previous writing experience. This is a very relaxed and friendly group. No one is obliged to present any of their own work; the tutor can offer private feedback if desired.

David Kilner



QUIZ SESSION

Twenty four members stretched their brains, searched for answers on the tips of their tongues, whilst pondering a multitude of questions. Competition was close. No prizes were given, just the accolade of remembering the most that week! The next quiz is scheduled for Friday May 27th. Everyone welcome.

Jenny Rossiter



BIRDS

Our Birds group has entered its second year with enthusiasm. We have had 3 lectures this term, one of which was by Anna Lester who is a Friend of the Adelaide Botanic Garden, and took us on a very enjoyable virtual visit of these lovely gardens and the birdlife therein. We have had two delightful outings, to White's Rd and to Thorndon Park.

There have been several changes to our schedule of talks in terms 2, 3 and 4. The new schedule appears on the website.

The changes in term 2 are

May 12th "Birds That Squawk" Pauline Kemp;
June 9th "Migration and Navigation" Chris Bunn

We are going to be traveling further from the city in Terms 2 and 3 to seek a greater variety of birds. Sites include Altona Scrub in the Barossa and Laratinga Wetland near Mt Barker. New members are always welcome. We have binoculars to borrow if necessary.

Pauline Kemp



SO FAR THIS YEAR.....

PHOTOGRAPHY

The photography group has eight enthusiastic members who have taken on the challenge of learning how to take/make better photos. Each person has a different type of camera ie point and shoot, phone, DSLR and some members alternate between a camera and a phone.

Once a fortnight we have a workshop at ECC learning new skills and the second fortnight we go on a photoshoot. So far we have been to the Himeji Gardens and to Port Adelaide. We were fortunate to have Joylene and Kay from the Port Adelaide Camera Club giving us advice. Next term we will have a guest speaker from the Friends of the Botanic Gardens Photography Club teaching us how to take photos of flowers, followed by a photoshoot at the Botanic Gardens.

We welcome new members to the group.

Jenny Rossiter



Craft Beer and Berger Group

During the first term of 2022 the Group sampled a selection of beers and main course menu items (including burgers) at the Windmill Hotel, Prospect and the Wellington Hotel, North Adelaide. Two different real time reporting systems were used to collect subjective opinions on the beers sampled to decide on the best data capture protocol.

RESULTS

The Windmill Hotel, despite its recent refurbishments, turned out to offer only a limited range of beers. Seven different beers were sampled across the group. Winners on the day were James Boag - Premium and Hahn Super Dry.

In contrast, the Wellington Hotel was awash with craft beers to be sampled! Eight beers were sampled on the day however another visit will be required to complete the survey. The clear winner on the day, from records collected, was the Fox Hat Red Pelt ale. Lunch menu items at The Wellington were also extensive and interesting (eg the slow cooked, pulled pork burger).

SUMMARY

The group is working together well on beer assessment protocols and communicating ideas between members. The attainment of knowledge is proving to be incremental.

Jeff Standfield

SO FAR THIS YEAR.....

CIRCLE DANCING

Happy Feet Circle Dancing group meet on Tuesday mornings during the school term from 10am to 11:30am at the Enfield Community Centre on Regency Road & are a friendly fun loving group. The dance leaders Lyn & Heather carefully teach all of the dances each week. Visitors welcome to try Circle Dancing out first before enrolling.

Lyn Porter



FRENCH 1

Have you had a secret dream of speaking French, but not had the courage to learn this wonderful language? Have no more fear, U3A Inner North gives you the opportunity to learn French with experienced teacher Marie-Antoinette Galletta in a small, friendly class on Wednesday mornings.

We study basic grammar, sentence construction, vocabulary and pronunciation to build your ability to converse with confidence. All this at a slowly relaxed pace, with no stressful exams and lots of fun.

There are plenty of vacancies available, so why not enrol right now? Feel free to contact Marie-Antoinette if you have any queries on 0402-102-755.



STROLLING ON MONDAYS



Participants have enjoyed numerous peaceful strolls in the Highbury/Athelstone Linear Park region this term. The group is having a break until Term 4, but is keen to have more members join us on these easy one hour strolls.

Iwona Pattinson

Photo: Contemplation Seat at Wynn Vale Dam

WEDNESDAY BOOK GROUP

One or two more spots available in Wednesday book group. Read 1 book a month and come along for a friendly chat about it. What did you think? Did you like or warm to the characters? What themes or issues in the book interested you? Book groups expose a reader to books they may not choose and there is always something to like about it or say about it. Novels coming up this year include themes/settings of Africa, the plague of 1666, Marie Curie, Einstein's wife and many others. Call Karen on 0438443296 or register online if interested.

Karen Tierney

WHAT'S COMING UP....



Guest Speakers

Tuesday 1.30 - 3.00pm

Legacy

17 May

Legacy South Australia and Broken Hill is dedicated to caring for the families of fallen or seriously injured veterans.

Legacy's caring and compassionate service assists around 48,000 widow(er)s, children and dependants with a disability. Legacy is a voluntary organisation supported by veterans, servicemen and women, and volunteers drawn from all walks of life.

Speaker: Cheryl Williams

Friends of the ABC

31 May

ABC Friends SA/NT has a proud history in South Australia as a community organisation. In her talk, Sue will explain what the organisation does in relationship to the ABC. Sue will also describe how the state organisation relates to ABC Friends National and why members value the work ABC Friends does both across states, and nationally.

Speaker: Sue Pinnock is President of Friends of the ABC

Know Yourself

21 June

Unravel the mysteries of the mind to help you understand yourself, so you can understand others to improve your relationships, personal and business.

Speaker: Jo Douglas, Life Coach.

Jo is a change coach with a passion for EDISC behavioural profiling.



Australia's

Governors-General

Tuesday 9.30 - 11.00am

10 May, 24 May, 31 May,

14 June

The Governor-General is the head of the executive branch of the federal government, serving as the representative of the Monarch. Since Federation Australia has had 26 GGs come and go. Most have been criticised at some time by government ministers. This course will present their personal backgrounds and sometimes profound, but often overlooked influence on Australia's history.

Some of the information for the course will come from the book "Australia's Governors-General" by Brian Carroll.

Tutor: Chris Bunn

Since retirement as a veterinarian Chris has developed an interest in Australian history. Having lived in Canberra for 25 years, where his wife worked at Old Parliament House, he has a special interest in federal politics.

Photo: <https://www.theguardian.com/world/2008/sep/05/australia.monarchy>



WHAT'S COMING UP....



Armchair Travel Talks

1st & 3rd Thursdays
9.30am - 11.00am

Each session consists of a presentation by a speaker about a particular destination, with an opportunity for questions and discussion.

Morocco

5 May

Suzanne Arbon

Living and Travelling on a Canal Boat in France

19 May

Susan Huggins

The Kimberleys

2 June

Yvonne Whitmore

African Safaris and Kilimanjaro

16 June

Chris Jordison

Croatia/Slovenia

7 July

Rodney Gracey



History on Thursdays

1.30 - 3.00pm

The Medieval Icelandic Sagas

2 June, 16 June, 30 June,
7 July

This course provides a historical and geographical setting for three of the major sagas and explores the key themes of Landscape, Women in the Sagas, and the forging of national identity.

Tutor: Andrew Crowther

Photo: <https://lithub.com/on-the-rise-of-the-icelandic-saga-as-written-literature/>



History of the Olympics

5 May, 19 May

More than just a sport. The games, reflecting customs and standards of their times have produced colourful heroes and villains in all eras. So we look at scandals, corruption, inspiration and integrity. The Games for better or for worse are part and parcel of our world.

Tutor: Sue Garforth.



Bushwalking with a Twist

2 Mondays
8:30am-11:00am

Highbury Aqueduct Trail

2 May

This walk, along the recently created Highbury Aqueduct Trail, will have a historical slant, a bit of adventure and good vistas. It is an easy to moderate walk, distance: 9km

Anstey Hill

30 May

The walk, in Anstey Hill Recreation Park and Crystal Quarry, will have a historical/ geological slant, adventure and good vistas. This is a moderate to hard walk, 10.5 km

Group Leader: Iwona Pattison is a keen bushwalker. She has recently completed the 1200km Heysen Trail.



WHAT'S COMING UP....



West Terrace Cemetery Tour

Trailblazing Women

Wednesday 15 June
10:30am-12:30pm

The Trailblazing Women interpretive trail through the West Terrace Cemetery will highlight the personal trials and inspirational achievements of some of South Australia's leading ladies.

Group Leader: Linda Christy



Climate Change Talks

Wednesdays 11.15am
24 August and 31 August

These talks provide an in-depth look at the ins and outs of Climate Change. The first talk covers the science and impact of Climate Change, followed by a discussion of methods of reducing, mitigating or avoiding Climate Change.

The second talk looks at strategies of adaptation to Climate Change and concludes with a discussion of the politics of Climate Change, including the Australian Government's plan for 'Net Zero by 2050.'

The talks run for approximately 40 minutes each and will be followed by an opportunity for questions and discussion.

David Kilner, tutor, is not a scientist but has a background in political science and policy analysis. He has always been interested in Climate Change. He believes Climate Change is as much about politics as it is about science.



Chess

Begins Term 3

Tuesdays 2.00 - 3.30pm
Weekly
Max 8

This course is suitable for both beginners and chess players who have forgotten the finer points of this ancient game. Notes will be provided.

Group Leader: Nan van Dissel, tutor, is a retired teacher, who taught chess to students as part of the primary school maths course for over 40 years.

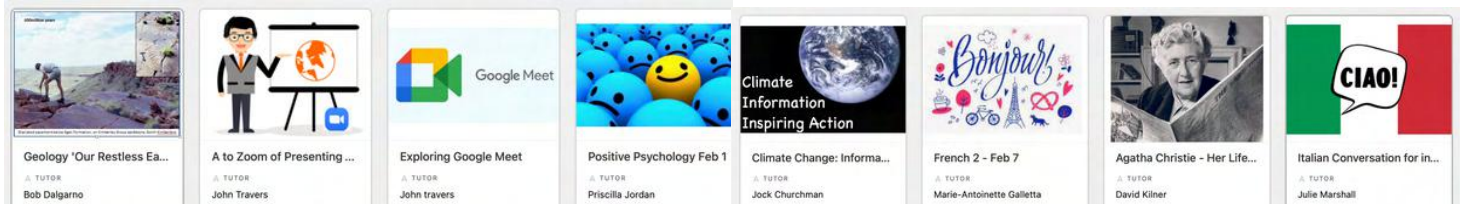
It begins in Term 3 but you can enrol now.... get in quick only 8 persons in the class!



U3A SA STATEWIDE ONLINE

NEW COURSE: PLAY BY EAR

Play guitar or ukulele by ear with one-finger chords at a party, BBQ, beach or campfire. You will be learning to recognize the common patterns that underlie most music, whether it's Hound Dog or Beethoven. You'll learn how it was that Elvis could be pushed up on stage in his movies, with total strangers and no rehearsal, nod, smirk, wink and belt out a hit song. The course goal is for you to have your own Elvis moment.



"I have done a few of the online courses. They are very good." Janet, U3A Inner North Member

There are a variety of online courses available.

For more information and to enrol go to

<https://u3asouthaustralia.org.au/courses>



Change Of Office Hours

Due to lack of demand, we will not run an Office on Friday mornings in future with the exception of Term 1.

Instead, an appointment can be arranged if necessary.....

Email admin@u3ainnernorth.org.au or leave a message on the U3A phone.



ECC COVID Rules Update

If you are sitting well apart, you may take your mask off during the session.

You must wear your mask when walking through, entering or leaving the building. Face masks must be worn unless exempted.

In 2022 ECC/PAE Council requires our members to be double vaccinated to use their facilities in the way that we do.

Please stay home if you are unwell.



SALA EXHIBITION



This year U3A Inner North is excited to be entering the 2022 SALA exhibition for the first time. The member groups participating are Water Colour, General Art, Photography and Mosaics.

This exhibition has been in the planning stages since 2021 initially for the water colour members. We then invited the other groups to join us. We have over 20 members participating in the exhibition.

The exhibition is being held at Clipboard Art Supplies, 105 Hampstead Road, Manningham who have kindly offered their premises to us. Clipboard are sponsoring us with an opening day ceremony which will be Sunday July 31st from 3 – 5pm and everyone is welcome to attend.

We are all excited and busily preparing our exhibits and hope that you can attend and support your fellow members.

The exhibition titled “Grow Bolder not Older” will run from the 1st August for the whole month.

The U3A Sala Exhibition is supported by the City of Port Adelaide Enfield.

Vonney Karpinski



Member Reminders

If you cannot attend a class, session or activity in which you are enrolled, please contact your tutor or group leader to let them know.

Some classes are full and have waitlists for enrolment. If you are no longer able to continue, let your tutor know.



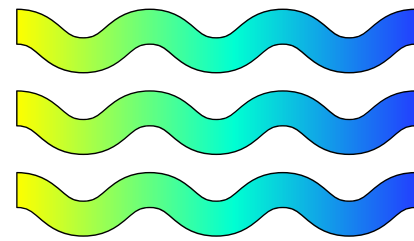
Contact Details

Enfield Community Centre,
540 Regency Rd, Enfield
0410434048 (message only)

admin@u3ainnernorth.org.au
PO Box 2008 Prospect 5082
www.u3ainnernorth.org.au



Laughter Is The Best Medicine



A highway patrolman pulled alongside a speeding car on the highway. Looking at the car, he was astounded to see that the elderly woman behind the wheel was knitting. The trooper cranked down his window and yelled to the driver, "Pull over!" "No!" the woman yelled back, "Cardigan!"

"Two guys stole a calendar. They got six months each."



"I decided to sell my vacuum cleaner. All it was doing was gathering dust."

Maths teacher: If I have three bottles in one hand and two in the other hand, what do I have?
Student: A drinking problem.

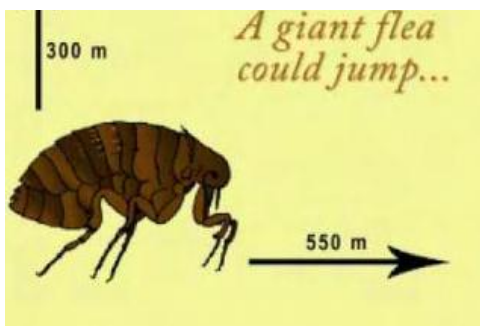
The village blacksmith finally found an apprentice willing to work hard for long hours. The blacksmith instructed the boy, "When I take the shoe out of the fire, I'll lay it on the anvil; and when I nod my head, you hit it with this hammer."

The apprentice did just as he was told. Now he's the village blacksmith.

You were warned.....

"Accidentally went grocery shopping on an empty stomach, and now I'm the proud owner of aisle seven."

Did You Know?



A flea can jump 350 times its body length.

Did you know that if you have arachibutyrophobia, you're among a small percentage of people that have a fear of peanut butter sticking to the roof of their mouths.

According to the Guinness Book of World Records, "strengths" is the longest word in the English language with one vowel. The word contains nine letters, eight of them being consonants.

