



BE IN IT TODAY. LIVE MORE OF YOUR LIFE.

Term 2 2022 Newsletter 3

Do you remember Norm from the "Life Be In It" advertising campaign of the 1970s? Norm was meant to represent a "normal" Australian bloke. He was a 'lethargic, beer-bellied, middle-aged couch potato, more interested in watching telly than doing exercise'. The campaign aimed to educate the Australian public about exercise in a fun and non-threatening manner.

Nearly fifty years later the Life Be In It message still resonates, perhaps even more so as we are getting older.

U3A Inner North offers a range of physical activities, both indoor and outdoors, to help you get off the couch (even on a cold winter's day).

- Circle Dancing involves easy to learn dance steps to uplifting music from around the world.
- Birdwatching affords peaceful (and often tuneful) walks in a variety of environments.
- "Strolling on Mondays" and "Bushwalking with a Twist" members enjoy peaceful walks in the Linear Park and Anstey Hill region.
- Table Tennis and Pickleball (new in Term 3) give members the opportunity to play a social sport.
- Our "Out and About" Excursions include leisurely walks through two cemeteries, the University of Adelaide, Tonsley Park, Morialta Conservation Park and North Adelaide.

So even if you don't have the skills or perhaps the fitness, just be brave and have a try. U3A is a safe, supportive and encouraging environment.

Remember the catchphrase: Be in it today, live more of your life!

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PRESIDENT'S REPORT



Pauline Kemp

With the advent of the cold weather, covid cases and other winter ailments it is very easy to just stay at home...but there is still a lot going on at U3A inner North!

In April we said farewell to Term 1 with the Circle Dancing Group's Masked Ball which was really successful and a lot of fun.

During term 2 we were able to relax some of the COVID rules at ECC, and we have been entertained and educated by our speakers and our regular activities.

In July we will welcome Term 3 with a morning tea party including a fun quiz and an introduction to our new Pickleball activity.

Throughout August our Art, Mosaic and Photography groups will be displaying their works at a SALA exhibition at Clipboard Art Supplies on Churchill Rd, Prospect. Members would love you to pop in and show them your support.

So put on your coats , switch on your brains and bodies and join us in Term 3!

A FRIENDLY REMINDER FROM LIZ



Liz Haar
Community
Development
Officer
ECC

As Enfield Community Centre is a shared community space, could you please

1. Remember to turn off lights and heaters at the end of each session - to conserve energy as there may not be a group using the room after you.
2. Stack chairs no more than 5 high
3. Shut doors and especially any outside doors (Hall and MR1)
4. Put tables back correctly according to the photos on the wall in each room



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



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.

SO FAR THIS YEAR.....

PHOTOGRAPHY

The photography group have viewed a couple of exhibitions this term: The Wildlife Photographer of the Year Exhibition at the Botanic Gardens and the South Australian Photography Federation Exhibition at the Burnside Civic Centre.



We have also engaged in fortnightly workshops where we shared our photos and learnt new skills eg editing and the use of post production apps. We have set ourselves a challenge of taking photos of items beginning with A - Z or are the shape of the letters. We are also preparing for the upcoming SALA exhibition.

We welcome new members to the group, whether you have a DSLR, a compact camera or a phone.

Jenny Rossiter

BIRDS



This photograph was taken at Altona Scrub near Lyndoch in May and represents the only birds that were on the move that day. The total number of birds seen that day was a spectacular zero. (Not quite true- we saw sparrows at the Lyndoch bakery at morning tea time!) But as you can see we were all smiling as it's always good to get out and about in good company! Maybe next time some feathered birds will join us.

Pauline Kemp

CHINESE HISTORY AND CULTURE GROUP & THE CHINESE LANGUAGE GROUP

This History and Culture group started last year and has been very popular. The Chinese Language Group has advanced this year despite most of us having little prior experience. We are learning the highly complex language as well as the Mandarin characters. Both groups are fortunate to have Jo Kemp, a highly skilled and knowledgeable teacher.

Two excursions were undertaken involving both groups.

On 12 April, we visited the Adelaide Botanic Gardens. Our well researched Friend's Guide took us on an extensive tour of the plants of Chinese origin. It was a most enjoyable and enlightening experience for us.



On 6 June, we learnt how to do Chinese Knotting at the Confucius Centre, University of Adelaide. We were shown the peaceful garden adjacent to the Centre, featuring a big statue of Confucius. We had extremely patient and talented teachers and most of the group completed a beautiful Chinese knotted bracelet.



Jude Hennig

SO FAR THIS YEAR.....

HAPPY FEET CIRCLE DANCING

Masked Ball

The Happy Feet Circle Dancing class love their dancing & have a great sense of fun. So on the last class for term 1 they celebrated with a masked masquerade ball and invited their friends to come along & dance too.

Everyone wore special masks and dressed up in their long skirts and dresses. All the dances were carefully taught on the day by facilitators Lyn & Heather. President Pauline presented prizes for the most elegant, creative and special "Pauline's pick" masquerade masks. Everyone won Easter eggs for participating.



Winter Solstice

To celebrate the Winter Solstice, on the 21st June, our dancing group and guests dressed up in white. Co-facilitator Heather led a candle lighting ceremony prior to Candle dances around our centerpiece in a dimly lit room. A mixture of lively and gentler dances were enjoyed on either side of the Candle dances. We ended with a sun dance to Leonard Cohen's "Hallelujah" sung by Tori Kelly and closed with a Winter Solstice blessing.



Interested in joining in the fun, then come along on a Tuesday morning from 10am to 11:30am to try us out, become a member of U3A Inner North & enrol in Happy Feet Circle Dancing class.

TABLE TENNIS

The players have been building up their skills, enjoying some exciting and closely played matches. All of course very social and lots of fun. Table tennis is a low impact sport, easy to learn and is suitable for players of all levels...from beginners to those who have had some experience. Games are played in doubles. All equipment is supplied. Three tables are used ensuring participants get plenty of play, but also time for a rest in between! Coaching is given to those who would like to develop their skills.



WHAT'S COMING UP....



Do you know
the signs and
symptoms?

Guest Speakers

Tuesdays

1.30 - 3.00pm

Ovarian Cancer

30 August

There is no early detection test for ovarian cancer, so it is important to be aware of the symptoms. Learn about the signs, symptoms and treatment of ovarian cancer. OC Challenge is a charity which raises money to support specialist nurses who work with private or public patients diagnosed with ovarian cancer.

Speaker: Dr Marg Davy, Associate Professor of Gynaecological Oncology.

Auslan - Working with the Deaf Community



20 September

Learn about Auslan, the language used by the deaf community. Majella, a very entertaining speaker, will talk about some of her experiences. You will go home with Auslan signs that you can use when communicating with the Deaf.

Speaker: Majella O'Sullivan has been involved with the deaf community for over 25 years and is an Auslan interpreter.



Chess

Tuesdays

2.00 - 3.30pm Weekly

Max 8

Begins Term 3

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.



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.

Croatia/Slovenia

7 July

Rodney Gracey

China

4 August

Maurice Clark

China: Another View

18 August

Jo Kemp

A Tale of Two Cities (Warsaw and Krakow)

1 September

Pauline Kemp

Backpacking in 1978 India, Nepal. Pakistan, Afghanistan

15 September

David Wilson



Tonsley Innovation Precinct Tour

28 Sept
Wednesday
11:00am-12:30pm

A walking tour of Tonsley to hear about the history of the area from indigenous days to modern times. Learn about its mixed-use precinct design, supporting businesses wanting to innovate, grow, go global and move up the value chain. Learn about how Tonsley Innovation District is bringing together Australia's smartest businesses with residential and community living.

The tour takes 60 -90 minutes and is all on flat ground.

Group Leader: Jane Esman is a volunteer tour guide with the City of Marion and a resident of the Tonsley Village residential complex.



Bushwalking With A Twist

Monday 29 August
8.15 for 8.30am start

Join like-minded people on a relaxing Bushwalk with a Twist.

Iwona Pattison who knows the area very well will take you on a journey of discovery through Anstey Hill Recreation Park and Crystal Quarry. You will learn about the history and geology of the area, immerse yourself in nature and take in spectacular vistas.

Enrol now to secure your place!

Meeting place: Gate 9, Anstey Hill Recreation Park

Duration: 3hrs +

Once a member, to attend our courses you must enrol.

Go to our website www.u3ainnernorth.org.au

Click on the tab "Courses"

Scroll down to "Click here to view online up-to-date details of 2022 classes ". This will take you our database where you can check out class details and enrol.

WHAT'S COMING UP....



South Australian History Talks

9.30am - 11.00am Tuesdays



1836 and All That - Before the Buffalo

26 July

This talk explores all the activity around South Australia before Hindmarsh arrived in 1836.

Speaker: David Wilson is passionate about South Australian history, a member of the Kangaroo Island Pioneers Association and is responsible for its website.

Three Outstanding South Australian Public Servants -

9 August, 23 August, 13 September

In its foundation years South Australia was lucky to have some outstanding public servants. This three session course will look at the life and times of three of them.

Speaker: David Wald has been the group leader and presenter of an Australian History course at Tea Tree Gully U3A since 2008. He is a former teacher and teacher librarian with a special interest in South Australian history.

Sir Charles Todd: More than Telegraph Poles

27 September

Most people associate Charles Todd with the building of the overland telegraph from Adelaide to Darwin - but he was far more than that - government astronomer, head of Posts and Telegraphs and Government Meteorologist. He is buried in the North Road Cemetery, Nailsworth.

Speaker: David Kilner has long been fascinated by people who seem larger than life and who are often transformational of society. Charles Todd is such a man.

Five talks in Term 3,
Enrol in the whole course, and attend individual talks as you prefer.



For Class
Details



www.u3ainnernorth.org.au

Click on the link

"Browse our courses here"

WHAT'S COMING UP....



Pickleball

Monday 1.00 - 2.30pm weekly

Stadium at ECC

Begins 25 July

Pickleball is a paddle sport you can learn in minutes and play for a lifetime. It brings together elements of tennis, badminton, and table tennis to create a sport that's fun for all ages and skill level. It is played on a badminton-sized court. Usually played as doubles. All play is social, so if you are unable to turn up one week that is ok.

Pickleball is lower impact than tennis and badminton, so it's easier on the body.

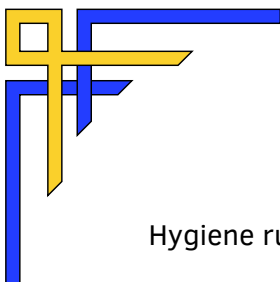
We use a solid paddle to hit a plastic ball over a low net. A game takes 10 - 25 minutes. All equipment is supplied. Participants must wear sneakers.

Check out the following website to get an idea of how to play Pickleball.

www.pickleballsouthaustralia.org/how-to-play

We will be having a demonstration at the Mid Year Social Event where you can also come and have a try!

Thankyou to Liz Haar, Community Development Officer, ECC, Port Adelaide Enfield Council for the purchase of the pickleball equipment.



Tea and Coffee Time is back and it's free!

Tea, coffee, milk and biscuits will be supplied.

Hygiene rules must be adhered to. One person in your group will serve for all and use tongs and serviettes for biscuits.

BYO Mug

PROGRAM CHANGES



As the year goes on, some program changes are inevitable. Please note the following changes. Please also regularly check our website for any changes throughout the term. www.u3ainnernorth.org.au

"Bushwalking with a Twist" has been rescheduled to 29 August.

The following speakers have deferred until 2023.

Back in Motion, Max Kavanagh, 16 August

American Civil War lectures, Dale Wache, History on Thursday

Climate Change Talks, David Kilner, Term 3 and 4

Achieving More From Your Computer And Laptop has been cancelled for the rest of the year (2022)

Family History Workshops middle date change. Classes now scheduled for 25 October 15 November 22 November

WHAT'S HAPPENING IN 2023?

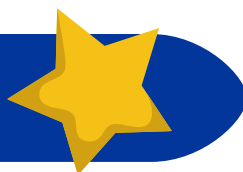
The program team are already thinking about next year! They are looking for new ideas for the 2023 program. Do you know someone who would be an interesting guest speaker? Have you got a great idea for an excursion?

What new activities could we be offering eg. play reading, poetry, badminton, walking soccer, drama, jazz dance, gardening, board games, singing, ukulele, astronomy, calligraphy, line dancing, philosophy, keyboard, garden art, Ancient Worlds, music jam session.....

Do you have an activity you could share...maybe a one off workshop, a few sessions or a whole term? Do you know someone who might offer to be a tutor or group leader?

So get your thinking hats on..... send your ideas to admin@u3ainnernorth.org.au

THANKYOU



Arno Attema has been our own IT expert since our beginnings. We appreciate his expertise and his ability to patiently answer questions and to assist with anything technical. He "saved the day" on more than one occasion!

Over the years he has run computer classes on various topics including the "Achieving More From Your Computer And Laptop" course. Arno has recently decided to retire as a tutor.

We gratefully acknowledge the contribution Arno has made to U3A Inner North. Thankyou Arno.



For Class
Details



www.u3ainnernorth.org.au

Click on the link
"Browse our courses here"

SPECIAL EVENTS

U3A Inner North

Mid Year Social Event

10.00am Thursday 21st July

Enfield Community Centre

Good Company
Delicious Morning Tea
Test Your Knowledge with an optional
Trivia Quiz with Prizes!
Come 'n Try Pickleball

 U3A
INNER NORTH

RSVP admin@innernorth.org.au
before Thursday 14th July

U3A Inner North Members

SALA Exhibition

All of August 2022

Watercolours, Art, Mosaics,
Photography

Opening Event
3.00 - 5.00pm
Sunday 31 July
All welcome

Clipboard Art Supplies
Unit 1 92/94 Churchill Rd, Prospect
Open 7 days a week
Parking Available

 CITY OF
Port Adelaide Enfield

With generous support from the Port Adelaide Enfield Council

U3A SA STATEWIDE ONLINE

Statewide Online offers a variety of online courses available statewide provided by U3As of South Australia. Courses may be online versions of current courses or newly developed. Courses can be found on the U3A SA website. <https://u3asouthaustralia.org.au/courses>

Courses include climate change, philosophy, languages, computer classes, geology, writing and music. Assistance can be given to help you get online.

NOVEL AND MEMOIR WRITING

Do you have an idea for a novel or memoir but not sure how to go about it? This course could be for you! We'll cover the basics of what is required to bring your idea into reality: plot structure which will engage your readers, bringing colourful characters to life on the page, current writing techniques and even humour. We'll consider theory, but don't worry - there will be plenty of opportunity to bring your work-in-progress to the group for feedback and encouragement.

There are no prerequisites for this course except willingness to try and good-will.

Begins 6 June Tutor: Margaret Penhall-Jones

PLAY BY EAR

Play by Ear has completed its first session which has proved the success of the method. Says Tom Benjamin: 'Even the slightest time delays affect music far more than speech. So it was gratifying that we were able to get through many tunes together ranging from Memphis and Singing in the Rain up through 12-bar blues songs.'



CONTINUING AND REPEAT COURSES:

Italian Conversation Julie Marshall is welcoming new enrolments to this very popular course.

Climate Change Information welcomes more members to its wide-ranging sessions.

Living in the Cloud with your phone, computer and tablet has had two successful sessions and will be back again in July with 4 weekly sessions.

Positive Psychology, a much repeated series of sessions with Priscilla Jordan, is starting again on June 2nd.

French 2 with Marie Galletta is full with 15 enrolments, a remarkable number to be engaging effectively on Zoom for a language.

For more information and to enrol go to
<https://u3asouthaustralia.org.au/courses>

CANCELLATIONS & COMMUNICATIONS



Cancellations and changes are inevitable in these times of COVID and bad weather.

You will be notified by email any changes by your tutor or by admin.

Please acknowledge receipt of cancellation emails, in order to spare your tutor some anxious moments.

If you are unsure whether an activity will be going ahead (eg outdoor activities on a rainy day), please email your tutor or admin.

That is a better option than driving to your destination to find no-one there!

If at any time, 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. Please also cancel your enrolment on our online database on our website.



ECC COVID Rules Update

COVID SAFE UPDATE from 2/5/2022

Masks are optional.

QR codes are no longer required.

Social distancing is still required.

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

Please stay home if you are unwell.



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.



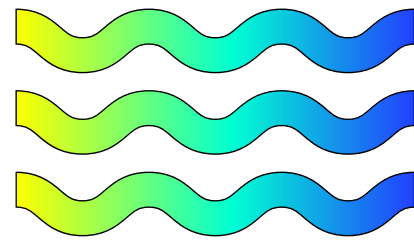
Contact Details

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



Six Important Facts to Remember as We Grow Older:

#1 Death is the number 1 killer in the world.

#2 Life is sexually transmitted.

#3 Good health is merely the slowest possible rate at which one can die.

#4 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

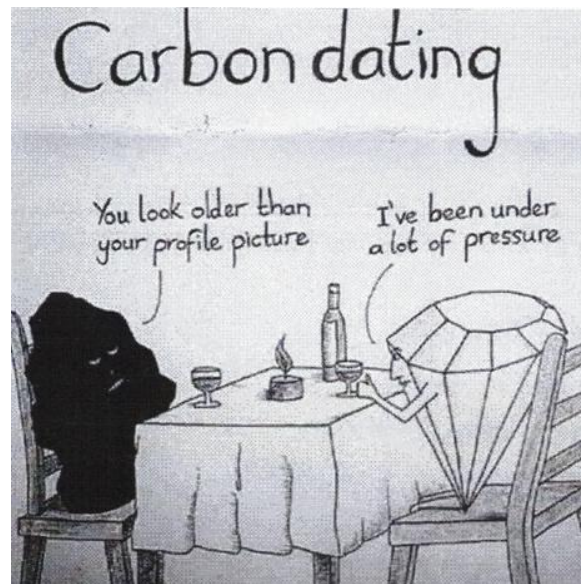
#5 All of us could take a lesson from the weather. It pays no attention to criticism.

#6 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

I'm reading a book on anti-gravity.
I can't put it down.

The past, the present and the future all walk into the bar at the same time....it was tense.

I have a new theory on inertiabut it doesn't seem to be gaining momentum.



Back in 1939, American author Ernest Vincent Wright published Gadsby, a 50,000-word novel that doesn't use the letter 'e' once.

Trypophobia is the fear of closely-packed holes. Or more specifically, "an aversion to the sight of irregular patterns or clusters of small holes or bumps." No crumpets for them!

1. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What Am I?

2. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

Answers
1. A candle
2. 4 sisters and 3 brothers