



**"If everyone started off the day singing,
just think how happy we would be."**

Tania De Jong

Term 3 2022 Newsletter 4

Can you imagine your life without music? It's almost impossible. We are constantly surrounded by song: parties, hanging out with friends, listening in the car, singing along with our kids or carolling a Christmas tune —music stamps nearly every aspect of our life.

Are you into easy listening Don Mclean, Elton John, Nora Jones, Bing Crosby or are you a heavy metal fan - Deep Purple, Black Sabbath.... Or do you like listening to classical music...Beethoven, Vivaldi... Do you remember the Four Tones and the Penny Rockets playing at the Palais in the 1960s?

Music is powerful. It can cheer you up when you're sad, invoke memories, inspire creativity, give you energy for a better workout, and make you feel calmer during stressful times.

At U3A we have a popular Classical Music Appreciation group and our circle dancers dance to a wide range of peaceful global music. The watercolour class listen to music whilst they paint.

It's wonderful to walk into ECC with the sound of music playing in the background. If you don't hear any when you are there, then whistle a catchy tune!

What a happy place to be!

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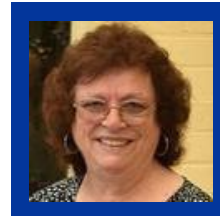
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PRESIDENT'S REPORT



Pauline Kemp

Spring has sprung and we are hoping now for some sunny days.

It felt as if the sun was shining at the SALA exhibition opening, although it was pouring with rain outside. Well done to all participants and especially our Watercolour tutor Vonney who managed to conjure up a storm at Clipboard Art Supplies. I was blown away by the quality of the art work. There have been more U3A successes in Term 3 with the very successful social event and the introduction of Pickleball. We have learnt however that planning outside activities in Terms 2 and 3 can lead to disappointment.....

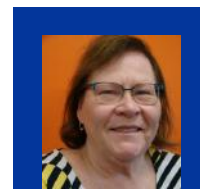
Planning is now underway for the 2023 Program which will be made available at our 5th Birthday party on December 15th. Put the date in your diaries!

Another date for the diary is the AGM on Thursday October 13 at 10am. This will not be a social event but all members are encouraged to attend. All committee positions will be declared vacant on the day. If you would like to join our committee please let me know before the day. I used to like surprises but don't cope with them quite as well these days.

We hope you will continue to enjoy our activities in Term 4.

Pauline Kemp

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



Diary Dates

AGM: Thurs 13 Oct
End of Year Celebration: Thurs 15 Dec

SO FAR THIS YEAR.....

PICKLEBALL

Pickleball has taken off at U3A! Similar to tennis, but played inside with a wooden bat and plastic ball.

Being brand new to everyone, it has been amazing to watch how quickly people have picked up the game and the rules. With 15 people enrolled, a wide variety of talents can be seen - some like to hit it as hard as they can, others like to do drop shots, others are just happy they hit the ball over the net!

We initially began using two courts, but quickly expanded to three. As numbers continue to grow, we may have to look at putting on another session😊



Jenny Rossiter

OUT AND ABOUT EXCURSION Repatriation General Hospital Museum

Participants were provided with a fascinating view into the history of the hospital, with a combination of historical medical equipment and memorabilia from a variety of wartime conflicts. We also visited the Repatriation chapel, an ecumenical chapel catering for both Catholic and Protestant denominations with pew backs that can be switched to cater for services at either end of the building. The stained glass windows in this building were a highlight. Created by Cedar Prest, a local glass artist based in Aldinga, they depicted scenes such as compassion, vigilance, sacrifice, liberty and courage. A really enjoyable and informative visit with welcoming and very helpful guides.

Janet Bradshaw

ARM CHAIR TRAVEL



This is a popular group and we now have over 40 people enrolled.

This term we have looked at China with two different sets of eyes, have visited Poland with its turbulent history and will shortly go backpacking in Nepal. We are able to look at our own and different countries, and learn about a variety of cultures whilst being entertained by the presenter's original photos. It is great that all presenters are our own members, making each presentation unique and personal!

Presentations will continue in Term 4 with visits to other parts of Australia and to Vietnam and also a talk about one member's involvement in an International Walking group. Planning is now underway for next year's program. We haven't yet run out of places to go, or enthusiastic members to tell us about them!

Pauline Kemp



SO FAR THIS YEAR.....

FILM GROUP

The U3A Inner North Tuesday Film Group continues to meet monthly at our favourite local film complex .. the Prospect Palace/Nova. How lucky are we to have this venue right on our doorsteps, and offering quality cinematic theatre! Too good!!!

Depending on the chosen film, date, time and personal circumstances, we've had 10-18 members attending for a screening then lively discussion of a variety of films this year .. Parallel Mothers (a French film); Belfast (set in Ireland); Between Two Worlds (another French film); The Duke (set in London); Farewell Mr Haffmann (another French Film); Lunana: A Yak in the Classroom (a film from Bhutan); Where the Crawdads Sing (based on the novel - from the USA) .. quite a variety!

Everyone has brought their perceptions and thoughts to the after-screening discussions, and then taken away some new ideas and notions.

We live in a culture rich with awareness and understandings of ourselves and others.

Please come along too .. it's never too late to join us!!!

Jenny Smith



CANASTA

Canasta is a great game to keep the mind active and we enjoy a bit of banter while we try to outwit the opposition team.

It's a versatile, social and fun card game, typically played in small groups. Basically, the objective of canasta is to beat the opposing team (or opposing players) by scoring more points. You score points by melding cards and making as many canastas as possible.

We welcome women and men who are new or experienced canasta players to join us. We coach any new players in a friendly way and give them lots of practice as we play. .

While many of us like to play the classic version of Canasta, others have ventured out to try other versions of canasta such as Samba.

Did you know?

Canasta was developed in 1939 in Montevideo, Uruguay by Segundo Santos, a lawyer, and Alberto Serrato, an architect. They often held their newly invented games at a restaurant and borrowed a little basket, Canastillo in Spanish, for their cards from the waiter. After a bit of wordplay, the bulky Canastillo turned into Canasta – well sounding, easy to remember!

So come along and give it a go!

Kristina Barnett



SO FAR THIS YEAR.....



MID YEAR SOCIAL EVENT

A very enjoyable time was had by around sixty members at the mid year social event held at ECC in July. After a rather grey wet winter, it was wonderful to see so many people out and about catching up with friends and class mates.

Cakes, biscuits, sandwiches, wraps, plus coffee and tea were put on by committee members, Jude Hennig and Jenny Windsor.

A short quiz hosted by Jenny Rossiter challenged the minds.

Arno Attema one of our long term tutors and IT support person was given a heartfelt thankyou on his contribution to U3A.

Numerous members had a try at Pickleball, a new activity for Term 3.

Everyone is looking forward to the next social event later on in the year when we celebrate our 5th birthday!



Did you know.....

- U3A (university of the third age) is an international movement that started in France in Toulouse in 1973.
- Australia's first U3A began in Melbourne in 1984 .
- There are now over 300 U3As in Australia, with about 100,000 members.
- In SA there are 20 U3A's plus Statewide Online
- U3A Inner North (formerly U3A Prospect) began in 2018. We currently have over 240 members.

SO FAR THIS YEAR.....



SALA EXHIBITION

Thirty members contributed eighty nine pieces to the U3A Inner North SALA Exhibition, held in the month of August at the Clipboard Art Supplies 92 Churchill Rd, Prospect.

The opening of the exhibition was well attended by members and their guests. Staff from Clipboard Art Supplies put on a delicious spread, and drinks. Thankyou for your support.

The exhibition was opened by Carol Martin, Member for Enfield, Port Adelaide Enfield Council. Jay Hann, staff member from PAE Council was also in attendance, along with Prospect Councillors, Alison DeBacker and Kristina Barnett.

A huge thankyou to Vonney Karpinski (U3A watercolour tutor) who put in many hours to co ordinate the exhibition. Also thankyou to tutors, Anneke Hoffman, Teresa Pizzino and Jenny Rossiter, for encouraging their group members to contribute items.

It was wonderful to see such a variety of pieces on display. Some members sold their artwork. What a great achievement by everyone.

List of Exhibitors

Watercolour Group: Vonney Karpinski, Karen Kesby, Adelaide Dunn, Jo Kemp, Barbara Comber, Lia Paginton

Photography Group: Helen Griffin, Janet Hawkes, Betty Brezovskis, Chris Jordison, Jenny Rossiter, Fiona Wald

Art Practical Group: Ivana Kotasek, Anneke Hoffman, Karen Kammermann, Andriana Economou, Carlene Grosvenor, Janet Hawkes, Angela Hansford, Halina Janko, Krystyna Lovis

Mosaic Group: Marilyn Wilson, Teresa Pizzino, Cynthia Ottewill, Louise Kennedy, Nadene Esposito, Colleen Daly, Jane Crowther, Josephine Casanova, Karen Cluse, Heather Hale



WHAT'S COMING UP THIS MONTH !



TWO GREAT OPPORTUNITIES NOT TO MISS PLACES AVAILABLE



Guest Speaker

Auslan - Working with the Deaf Community

Tuesday 20 September

1.30pm - 3.00pm

Learn about Auslan, the language used by the deaf community. Majella 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. She is a Nun and a very entertaining speaker!

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.

There really is so much to see and we'll follow up the tour with lunch at the Tonsley Hotel for those wanting to stay on.

WHAT'S COMING UP....



Family History Workshops

Thursdays 25th October, 15th November, 22nd November

Aimed at total beginners. Sue's expertise is in UK records, but wherever your ancestors come from, the type of records and the research skills needed are the same. By the end, although you may not have produced a full grown tree, you should at least have a healthy shrub.

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

Guest Speakers

Tuesdays 1.30 - 3.00pm



An Introduction to Human Research in Australia

18 October

The Office for Research reviews 300 research projects each year via the Human Research Ethics Committee and plays a role in the promotion of the importance and value of research and improvement for patient care and clinical outcomes. This presentation will showcase how hospitals work with the community to develop new care options and foster a culture of enquiry.

Speaker: Simon Windsor is the Manager of Research Governance and Ethics, Southern Adelaide Local Health Network.

Focus on the Kidneys

2 talks

15 and 29 November

1. Kidneys and you: Normal function of the kidneys: What is chronic kidney disease: risk factors of kidney disease: How to look after your kidneys: Treatment for kidney disease.
2. Kidneys and the country: History of kidney care in Australia: Statistics and costs: Kidney disease in the indigenous community.

Speaker: Linda Christy worked as a renal nurse for 21 years and since her retirement has been a volunteer for Kidney Health Australia.



For Class
Details



www.u3ainnernorth.org.au

Click on the link
"Browse our courses here"

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.

COVID Travels Around Queensland 2021

20 October
Karen Tierney

The Flinders Ranges

3 November
Pauline Kemp

Vietnam

17 November
Rodney Gracey

International Walks

1 December
Marja Nielsen



Morialta Geological Ramble

Monday 17 Oct
1:30pm-03:30pm

Discover some of the geological features of Morialta Conservation park. This is a gentle up- and-downhill walk of about 5km return.

There will be many stops along the way to look at features of the different rock types along the route. Learn about the ways in which the different rock types were formed and affect the shape of the valley as well as the surrounding vegetation. No previous knowledge of geology is needed to enable you to understand these features.

Group Leader: Cynthia Pyle taught high school Geology for many years. She runs a geology course at Tea Tree Gully U3A and is on the excursion committee of the Field Geology Club.



Houghton Cemetery Tour

Monday 14 Nov
10.00am - 12.00pm

The graves here represent the ordinary folk who pioneered white settlement in the Adelaide Hills.

This is a personal look at family graves and the connections between them as discovered in recent family history research. Hopefully it gives a glimpse of early Adelaide life.

Group Leader: Jo Kemp

**Get involved..
try something
new !**

WHAT'S COMING UP....



History on Thursday Talks

Lunatic Asylums in Nineteenth Century Australia

1.30 - 3.00pm Thursday

20 October, 3 November, 17 November, 1 December



This course explores the background to the establishment of lunatic asylums, focusing especially on those in South Australia and rural Victoria. Aspects of architecture, treatment philosophy and care are examined. The course concludes with an analysis of why the asylum system was ultimately seen as a failure.

Tutor: Andrew Crowther is a retired Associate Professor. Andrew's PhD is in contemporary history and he has researched and published in a wide range of subjects and topics.

Strolling on Mondays

9.00am - 10.00am



10 x 1hr morning strolls in the Highbury/Athelstone section of the Linear Park.

Program of walks with relevant information and maps will be provided to the registered participants.

The walks will be designed to be a loop (start and finish in the same location).

- 17 October - 1. Hills end of the Linear Park
- 24 October - 2. Mahogany wetlands
- 31 October - 3. Hope Valley Reservoir
- 7 November - 4. Highbury Aqueduct from Turramurra
- 14 November - 5. Lochiel Park
- 21 November - 6. Wynn Vale Dam
- 28 November - 7. Highbury Aqueduct from Nursery Way
- 5 December - 8. Felixstow Wetlands
- 12 December - 9. Thorndon Park
- 19 December - 10. Wadmore Park and Wildflower Garden

Group Leader: Iwona Pattison



WHAT'S COMING UP....

Photographing Flowers

Do you love flowers? Are you a keen gardener?

Guest Speaker

Chris Kirby

President Photography Club
Friends of the Botanic Gardens

Wed 9 Nov

9.30 - 11.00am



This talk is part of the U3A Photography Group Program, however all U3A members are invited to attend.

No need to enrol in the group

Just RSVP to admin@u3ainnernorth.org.au

THANK YOU

A special thankyou to the City of Port Adelaide Enfield for their generous and continued support of U3A Inner North. City of PAE paid the enrolment fee for each of our SALA exhibitors and also purchased the three sets of equipment for our pickleball group.



CITY OF
Port Adelaide Enfield

SPECIAL EVENTS

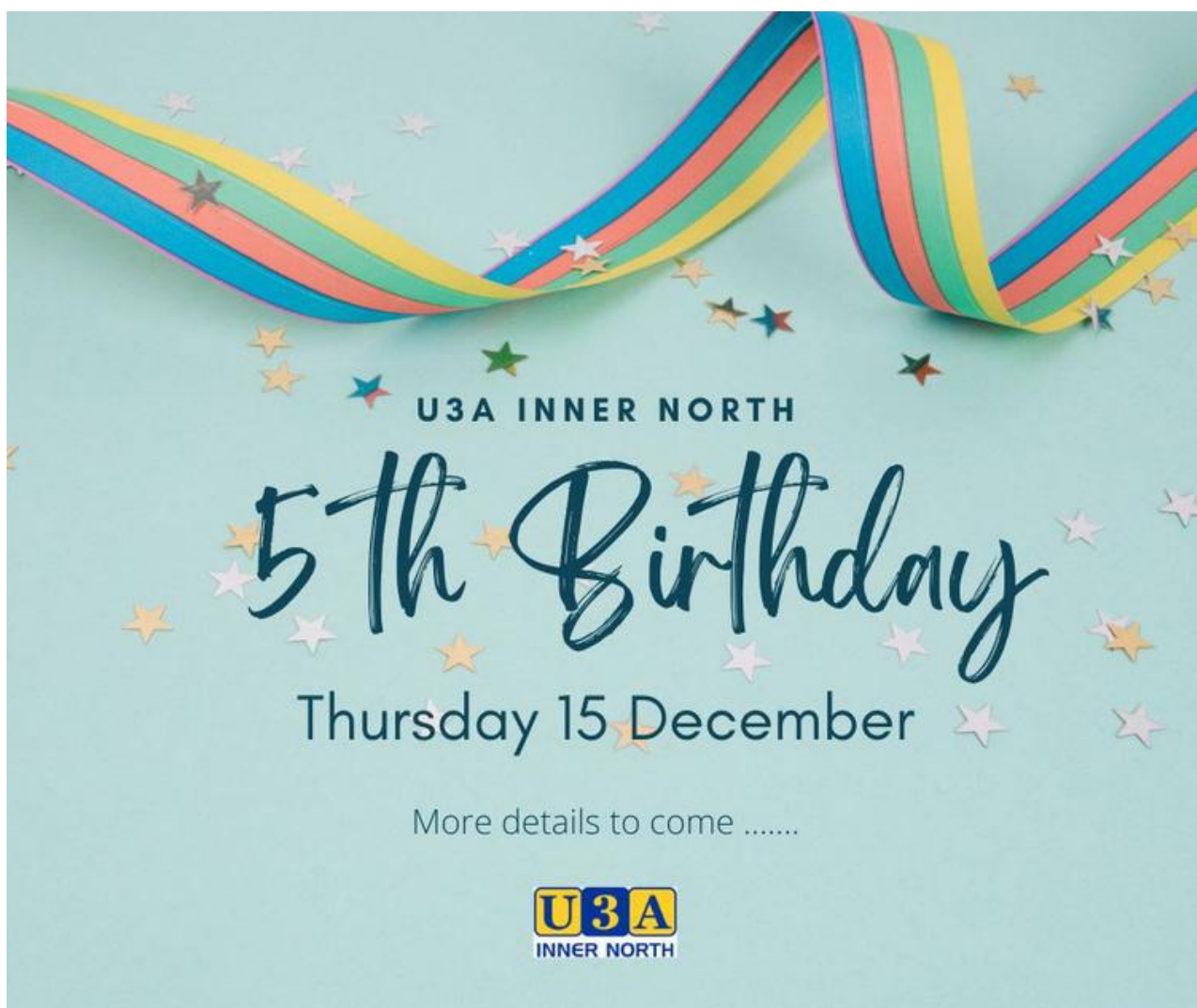


U3A INNER NORTH AGM

**Thurs 13 Oct
10.00 - 11.00am**

Tea, coffee and biscuits available

If you would like to join the Committee please email
admin@u3ainnernorth.org.au before the AGM.



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.

Agatha Christie - Her Life



**Begins October 24th 9.30am 1 hour session
3 x Weekly session**

Agatha Christie – Her Life - Part A

In this light-hearted and well-illustrated series, author David Kilner discusses the world's favourite crime writer and her fascinating life - her upbringing, her tragic first marriage, her successful second marriage, her family, her character, her travels and a little on her books. Everyone loves an Aggie - the world's most popular author!

Agatha Christie – Her Writing – Part B

Agatha Christie's life as a writer – how she got her start, how she became famous, and the tricks she used in her books

Agatha Christie – Her Writing – Part C

Finally, author David Kilner continues to discuss Agatha Christie's life as a writer. This time the focus is on her two famous characters – Hercule Poirot and Miss Marple.

Tutor: David Kilner

Todd: More Than the Telegraph Poles



Oct 19th 11.30am One hour session

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

Tutor: David Kilner

David was born in London and grew up in Adelaide, where he lives with his wife, Pauline, and a Maltese Shih-Tzu cross named Max. David spent most of his career in the social welfare sector where he became expert at writing social welfare policy. David has always had a keen interest in history and did a Ph.D. in the Departments of Politics and History at Adelaide University in the 1980s.

David also began writing crime fiction several years ago. He is currently writing his fourth book.

**Both of these online courses
are run via Zoom**

**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 of 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.



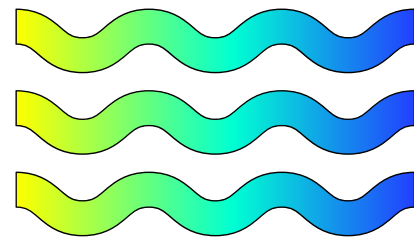
Contact Details

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

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Laughter Is The Best Medicine



**Singing in the shower
Is all fun and games
Until you get
Shampoo
in your mouth,
Then it just
Becomes a soap opera.**



Q. How many concertmasters does it take to change a light bulb?

A. Just one, but it takes four movements.



Sad after the funeral of a friend, my wife and I ducked into a Chinese restaurant for a pick-me-up. The feel-good session ended when I read the fortune cookie: "You will soon be reunited with a good friend."

A couple of dog owners are arguing about whose pet is smarter.
"My dog is so smart," says the first owner, "that every morning he waits for the paperboy to come around. He tips the kid and then brings the newspaper to me, along with my morning coffee."
"I know," says the second dog owner. "How do you know?"
"My dog told me."



The Four Stages Of Life



A man comes to Mrs. Smith's door and says, "There's been an accident at the brewery. Your husband fell into a vat of beer and drowned." Mrs. Smith wails, "Oh, the poor man! He never had a chance!"
The man says, "I don't know about that. He got out three times to go to the bathroom."

