



## 2023 Program U3A Inner North

Term 1	Monday	06 February	-	Friday	14 April
Term 2	Monday	01 May	-	Friday	07 July
Term 3	Monday	24 July	-	Friday	29 September
Term 4	Monday	16 October	-	Friday	8 December



Please note: there may be changes to the program.  
Up to date accurate information is available on the  
website, use the QR code or link below.

This program is accurate as at 01 December 2022

[www.u3ainnernorth.org.au](http://www.u3ainnernorth.org.au)

## **Message from the President**

I hope you will find plenty to interest you in our 2023 Inner North U3A Program.

Most of last year's activities are continuing. On Tuesday morning we are giving members an opportunity to share their knowledge and interests and Thursday afternoon is dedicated to historical topics.

The language program has expanded and now includes Japanese as well as continuing with Chinese, French and Italian. Other new courses include ukulele jam session, tarot card reading, a session on counselling and a couple of lunch groups.

So our U3A activities should be able to fill your days in 2023.

Thanks to all our volunteer tutors for making this program possible as well as to those who assisted in putting the program together.

# Information

You can register new membership or renew and pay on line at any time.

Full membership costs \$45 for the year (Affiliate membership \$30)

New members will be given a member ID and a password. When your payment has been processed you will be sent an email of confirmation. Our database will not permit you to enrol until payment is processed and you have received your confirmation email.

Most, but not all classes are held at Enfield Community Centre (ECC), 540 Regency Road, Enfield.

## Key Dates

**Sunday 1 January:** Online enrolments open

**Thursday 19 January:** 10.00 – 11.30am at ECC, in person enrolments

**Thursday 20 July:** Mid-Year Social

**Thursday 12 October:** AGM

**Thursday 14 December:** End of Year Celebration

For all enquiries contact [admin@u3ainnernorth.org.au](mailto:admin@u3ainnernorth.org.au)

Ph 0410 434 048 (messages only)

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# Monday am - Monday pm

## Strolling on Mondays

Monday 9.00 – 10.00am Weekly Max 20

Start your week with positive energy by taking a one hour morning stroll through beautiful natural surroundings in the relaxed company of other walkers. Every week a different location is explored, each with its own unique points of interest: lakes, sculptures, magnificent trees, dams, community gardens, an old aqueduct, playgrounds, historic structures and buildings, fairy village, bee hotel, boardwalks, tunnels and bridges.

The walks start at 9am at various locations in the Torrens River Linear Park and suburban parks and on average cover a distance of 4km and have some undulations. Each term a program of walks and their description will be provided to the registered participants.

**Group Leader: Iwona Pattison** is a keen walker and hopes to inspire people to walk regularly and enjoy their surroundings.

## French 2

Monday 9.00 – 10.30am Weekly Meeting by Zoom Max 12

A basic knowledge of French is required for this Zoom course in which, over four terms, you will master key phrases and structures, listen to interesting dialogues covering many everyday situations and practice your speaking and comprehension skills. In addition, there will be both written and oral exercises to do. The textbook to be used is *Learn French the Fast and Fun Way* by Elisabeth Bourquin Leete and Theodore Kendris, Ph.D. The textbook includes an MP3 CD with more than 4 hours of audio for all listening comprehension activities. The book is published by Barron's.

This is a continuing class but new enrolments will be accepted.

**Tutor: Marie-Antoinette Galletta** has been teaching French at U3A Inner North since 2019 and at U3A Campbelltown since 2013. Before that, she worked in a private boys' college for 17 years. Marie has visited France four times and loves travelling and cruising. She is on the

board at U3A Campbelltown, is a member of Inner Wheel North East Sunset and is vice-president of the Arena Community Club.

## Pickleball

Monday 11.30 – 1.00pm Weekly Max 14

Pickleball, a low impact sport, brings together elements of tennis, badminton and table tennis to create a sport that's fun for all ages and skill levels. It is played on a badminton-sized court using a wooden paddle and plastic ball. It's very social and is played in doubles.

Players must wear sneakers and loose-fitting clothes. All equipment supplied.

**Tutor: Jenny Rossiter** began playing pickleball in 2022 after a life time of racquet sports. She is continuing to enjoy this sport which is new to SA and wishes to encourage others to have a try.

## Woodworking for Women – Ladies' Shed - Open Afternoon

Monday 20 February 1.30 – 2.30pm Max 8  
Meet at the back of ECC (access from the carpark)

Ladies, would you love to learn how to use some basic carpentry tools or are you keen to fix a chair, make some wooden toys or picture frames or do you have a particular project in mind? Then come along to the ladies open afternoon at the Regency Community Men's Shed. Have a chat to some of the members, watch a scroll saw demonstration, view some finished products and have all your questions answered about membership of the Ladies' Shed.

NB: This is a one-off demonstration session. Closed shoes must be worn. Participants are unable to use the equipment due to insurance requirements.

**Tutor: Jenny Rossiter** has been a member of the Regency Community Men's Shed since it opened in February 2020. She has made a variety of wooden items including Easter bunnies to give to the Salvos and Christmas decorations to raise money for the local Foodbank.

## Tuesday am

### Woodworking for Men - Men's Shed – Open Morning

Tuesday 21 Feb 9.15 - 10.15am Max 8 Meet at the back of ECC (access from the carpark)

Gentlemen, are you keen to fix a chair, make some wooden toys, bird boxes or picture frames or do you have a project in mind? Then come along to the open morning at the Regency Community Men's Shed and chat to some of the members, view some finished products and have all your questions answered about membership of "The Shed".

NB: This is a one-off demonstration session only. Closed shoes must be worn. Participants are unable to use the equipment due to insurance requirements.

**Tutor: Anthony Sumner** has been a member and supervisor of the Men's Shed since it opened in February 2020. He has been involved in many community projects including making bird boxes, "little library" boxes, art trolleys, wooden benches and mud kitchens.

### Mah Jong for Beginners

Tuesday 10.00 am -12.30pm Weekly ECC MR1 Max 20

Mah Jong is a table game for three to four players and is played with a set of 144 special tiles. The game includes many interesting features of the old Chinese game but has been adapted to meet the demands of western players. Beginners will be offered an initial four week course of tuition after which they can join the more experienced players in a very relaxed and informal environment. Mah Jong sets are supplied.

Experienced players are welcome to come to this session subject to availability of seats at the tables.

**Tutor: Daniel Turner** will provide basic instructions on how to play the game and assist new players as required. Daniel is an avid player and looks forward to seeing new players become proficient.

### Happy Feet Circle Dancing

Tuesday 10.00 -11.30am Weekly ECC Hall Max 50

Bring your happy feet along and enjoy the fun, health and well-being benefits of Circle Dancing to beautiful uplifting music from around the world. Join us and become part of the worldwide network of Circle Dancers. No dance experience is needed and all dances are carefully taught. Visitors are welcome to try us out before enrolling.

In 2023, we invite friends and U3A Inner North members to join us once a term for a "dress up" dance celebration: Mad March, Winter Solstice, Spring and End of Year/Xmas.

NB: Participants must be able to stand and move unaided and be medically capable of participating in a dance class with gentle to moderately vigorous exercise. Please wear comfortable clothes and shoes suitable for dancing on a wooden floor. Please bring a water bottle.

There will no longer be a weekly charge for this class. A small charge may be made from time to time for tutor's expenses.

**Group Leaders: Lyn Porter and Heather Purcell.** Lyn and Heather's successful partnership continues in 2023 with inspiring weekly dance programs, new choreographies and celebratory events as they draw ideas from the vast World Circle Dancing network.

### Tarot Card Reading For Beginners

Tuesday 9.15 - 10.45am Five weekly sessions 7 February, 14 February, 21 February, 28 February, 7 March ECC MR2 Max 15

A fascinating, interactive course that will take you step-by-step through the traditional card meanings of the tarot pack and introduce you to a number of simple tarot card "spreads".

NB: Participants need to supply their own Rider-Waite Deck of tarot cards (readily available in stores).

## Tuesday am

**Tutor: Nadene Esposito** has been a tarot enthusiast for many years. She is professionally trained and a member of the Tarot Guild of Australia. Prior to retirement, she was a high school teacher.

### **Shaun the Sheep – Behind the Fleece!**

Tuesday 9.30 - 11.00am 28 March ECC MR2

Learn how iconic clay animation ads and movies were created. Remember the Schmacko ads, Chicken Run, Wallace and Gromit? The talk will include behind the scenes short clips from various animation studios and an abridged history beginning with the advent of plasticine in 1897!

**Tutor: Jenny Rossiter** taught clay animation to her students for over 20 years. She has held a fascination with the art form ever since watching Gummy with her daughter back in the 1980's. She has recently begun making 30 second "movies" with her 3 year old grandson.

### **Ask the IT Expert**

Tuesday 9.30 – 11am 11 April, 30 May and 17 October ECC MR2

There are three opportunities to ask our IT expert anything and everything you want to know about IT. Is your computer running slow? Should you back up your data? How do you reduce power loss on your Smartphone? What is cloud computing? Also, other topics such as cyber security, password protection, zip files, phishing and how to decide what you really need? The tutor will email those enrolled in the class a week before the planned date asking for specific topics or questions.

**Tutor: Arno Attema** has had an interest in technology his whole life. He worked for over 35 years as an electronics and communications professional in the radio and television industry. He has been a volunteer for 53 years with the State Emergency Service as an instructor in communications and IT. After professional retirement, he spent five years as a volunteer instructor in the NBN Digital Hub at the Prospect Library helping others with

NBN and IT problems. He has been a U3A IT tutor for 4 years.

### **Not Just an Ordinary Vet**

Tuesday 9.30 - 10.45am 2 May ECC MR2

Chris Bunn will talk about his varied career including his role as the last veterinary officer to be employed at Torrens Island and his work in Canberra overseeing exotic disease preparation plans and wild life disease surveillance.

**Tutor: Chris Bunn** is a retired vet with a life-long interest in wildlife.

### **Climate Change**

Tuesday 9.30 - 10.45am 9 May, 16 May ECC MR2

These two talks will provide an in-depth look at the ins and outs of climate change. The first talk covers the science and impacts of climate change followed by a discussion of methods of reducing, mitigating or avoiding climate change.

The second talk looks further 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 and the recent changes proposed by the Labor Government.

**Tutor: David Kilner** is not a scientist but has a background in political science and policy analysis. He believes that addressing climate change isn't just about science but also about politics.

### **History of Torrens Island**

Tuesday 9.30 - 10.45am 23 May ECC MR2

You might know Torrens Island as a Power Station but it was initially used as the site of a Quarantine Station for new arrivals by sea to South Australia as well as a World War I detention camp. Dr Chris Bunn will talk on this fascinating history of this mysterious island located only 15kms from Adelaide.

**Tutor: Chris Bunn** is a retired veterinarian who lived on Torrens Island with his family

## Tuesday am

for six years and was in charge of the largest animal quarantine ever performed in Australia.

### History of Medicine

Tuesday 9.30 – 10.45am Term 3 Weekly ECC MR2

This series of 10 talks will explore selected topics such as the beliefs of the ancients, the dreadful plagues of the Middle Ages and the amazing scientific discoveries of the 19th century.

**Tutor: Pauline Kemp** graduated in Medicine from the University of Adelaide in 1974 and spent 40 years as a general practitioner before retiring so she could join U3A Inner North. She sees herself as something of a historical figure because everything has changed since she went through Medical School!

### The Anatomists

25 July

### What were they thinking?

1 August

### The Plague and the Pox Part I

8 August

### The Plague and the Pox Part 2

15 August

### The Mighty Microscope

22 August

### Forgotten Diseases Part 1

29 August

### Forgotten Diseases Part 2

5 September

### Surgery and Anaesthesia

12 September

### Antibiotics

19 September

### Pioneering Women in the Medical Field

26 September

### Chinese Sayings

Tuesday 9.30 – 11.00am 7 November ECC MR2

This talk will explore Chinese sayings and

the stories behind them. The Chinese language has unique four character 'proverbs' – Chengyu – that give us a glimpse of ancient Chinese philosophy and history.

**Tutor: Jo Kemp**

### Chinese Characters

Tuesday 9.30 – 11.00am 5 December ECC MR2

Why did the Chinese never replace their characters with the alphabet? What makes characters readable? Understand the workings of this fascinating writing system - the oldest system in the world that is still in use.

**Tutor: Jo Kemp**

### Chinese for Beginners (Mandarin)

Tuesday 11.15 - 12.45pm ECC MR2 Max 12 Weekly except the 1st Tuesday of each month

NB: Classes start on 21 February.

This is a very gentle introduction to learning Mandarin Chinese at a slow pace with no prior knowledge required. We will tackle pronunciation of Chinese, simple sentence construction and conversational language. Recognition of characters is included and some writing - for the fun of it! No homework is set.

Book: *New Practical Chinese Reader vol 1, 2nd Edition*, by Xun Liu. Both the workbook and textbook are required and costs approx \$80.

**Tutor: Jo Kemp** is very enthusiastic about this fascinating language and happy to help participants through the basic levels of Chinese. Jo completed a Bachelor of Arts in Chinese language at Adelaide University (2017) and also several intensive language courses at Shandong University and in Kunming, China.

## Tuesday pm

### Chinese for Beginners (Continuing)

Tuesday 1.30 - 3.00pm ECC MR1 Max 12  
Weekly except 1st of the month

NB: Classes start on 21 February.

This is a course for those who completed Chinese for Beginners in 2021. Newcomers with some experience of Chinese are very welcome but please discuss the suitability of the course with the tutor before it starts.

Book: *New Practical Chinese Reader vol 1, 2nd Edition*, by Xun Liu. Both the workbook and textbook are required and cost approx \$80.

**Tutor: Jo Kemp.**

### Come and Try Croquet

Tuesday 1.00 - 3.30pm 21 March, 28 March, 4 April, 11 April North Adelaide Croquet Club, Menzies Crescent, Prospect Min 6 Max 10

Participants will learn croquet in small groups guided by experienced players and coaches. All equipment is supplied. Wear comfortable clothing with flat soled shoes (no heels). No experience or skills are needed, just a willingness to try and have fun. There is a one off cost of \$10 to be paid directly to the Croquet Club facilitator at the first session.

**Group Leader: Gayle Searle**

### Murder Mystery Book Group

Tuesday 1.00 – 2.30pm Monthly 1st Tuesday ECC MR1 Max 12

NB. The group meets every month from February to December (at a hotel during the term breaks).

An opportunity for enthusiastic readers to come together once a month to discuss a particular murder mystery book. A book list for the year will be provided to members - members to get the nominated monthly book from the Library Network.

**Group Leader: Angy Henn** is an avid murder mystery reader.

### Tuesday Film Group

Tuesday afternoon Monthly 1st Tuesday Palace Nova Cinema, Prospect Rd Max 30

NB. The group meets every month from February to December, including term breaks.

Meet in the Prospect Cinema upstairs foyer. Members will be sent an email a few days prior to indicate which film will be attended that month. If you wish, stay afterwards for a drink and discussion in the cinema foyer.

**Group Leader: Jenny Smith**

### **Spare time before Tuesday afternoon classes?**

*On Tuesdays, MR1 is available at lunchtime from 12.30 – 1.20 pm (except the 1st Tuesday of the month) for those wanting a chat or some social time before the Guest Speaker Series, Chinese Continuing or other Tuesday activities – you're welcome to bring your lunch.*

### **Reminders**

*If you can't attend a class, a 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.*

## Guest Speaker Series

**Each session of the Guest Speaker Series involves a different topic, please enrol in individual sessions.**

Tuesday 1.30 - 3.00pm 2nd and some 5th Tuesdays ECC MR2

**Group Leader: Sue McMillan**

### **How to Avoid or Manage Injuries**

Tuesday 14 February 1.30 – 3pm MR2

Max will join us to talk about the latest information regarding injury avoidance and management and the importance of posture. According to the latest research, it seems we have to look at this in a new way.

**Speaker: Max Kavanagh** has been a physiotherapist in the fields of sports, exercise and general practice for over 30 years. He has an intimate knowledge of not only what we require from our body but also what problems occur and, more importantly, how to treat them.

### **Advanced Care Directives and Power of Attorney**

Tuesday 14 March 1.30 – 3pm MR2

The speakers will explain how to meet the legal requirements for setting up a Power of Attorney and how to draft an Advanced Care Directive. They will be happy to answer any questions.

**Speakers: Nicole and John-Paul** are lawyers who work for a service funded by the Federal Attorney General's Department to provide legal and social work support to older persons including those subjected to elder abuse at the hands of a trusted relative or friend.

### **Angel Flight**

Tuesday 11 April 1.30 – 3pm MR2

Owen Crees will speak about the work done by Angel Flight in assisting country people to access medical treatment that would otherwise be unavailable to them because of the vast distance and high travel cost. He'll share some of his personal experiences from his time with Angel Flight.

**Speaker: Owen Crees** has had a very

interesting and varied career. He began work at the Sugar Research Institute in Mackay and has worked in every part of the Australian sugar industry as well as in Mexico, Brazil, Venezuela, New Guinea and Malaysia. He learned to fly in Mackay, moved to Adelaide in 2001 and retired from full-time work in 2010. Aviation has been an important part of his life for more than 45 years with 3000 hours of flying experience. He has completed more than 300 missions for Angel Flight in his privately owned Mooney which is a light aircraft.

### **Caring for a Partner**

Tuesday 9 May 1.30 – 3pm MR2

Lynn Charlesworth's talk will cover a general introduction to Beyond Blue, the issues of mental illness and the impacts of anxiety and depression on people in Australia. It will also cover her experience of being a carer for someone with major depression and generalised anxiety disorder. The aims of the talk are to increase people's understanding of the issues around mental illness, to provide options for people to seek help and to reduce the stigma that currently exists around caring for people with mental health issues.

**Speaker: Lynn Charlesworth** is an experienced counsellor and teacher in a secondary school during the day. At night she cares for her partner who has major depressive disorder, generalised anxiety disorder and panic disorder. She volunteers for Beyond Blue speaking about her role as a carer.

### **5W: Women Welcome Women WorldWide**

Tuesday 30 May 1.30 – 3 pm MR2

5W is an organisation which aims to further international friendship by encouraging and facilitating women from different countries to travel and visit one another. 5W started in England 38 years ago and English is the common language. There are almost 1800 members in 70 countries.

**Speaker: Robin Golding** will explain her involvement, the friendships made and the enjoyment she's had in the 18 years she has

## Guest Speaker Series

been a member. Women are the members but partners/husbands are welcome too.

### South Australia's Sex Industry

Tuesday 13 June 1.30 – 3pm MR2

Steph Key will talk about the many attempts that have been made to modernise South Australia's sex industry.

**Speaker: Hon Steph Key** was a member of state parliament for over 20 years. During that time, she was a cabinet minister and the presiding member of various parliamentary committees and investigations. Before entering parliament, Steph worked mainly as an industrial advocate in the trade union movement. She has also been a volunteer and board member for the arts, mainly community theatre. Steph has always supported the decriminalisation of sex work in SA.

### Bretag Family

Tuesday 8 August 1.30 – 3pm MR2

Allan Bretag's presentation is about his family who lived in the small village of Guntersberg (now Osiecznica in west Poland) about 120 km from Berlin. In 1855, Wilhelm Bretag travelled with his family to Hamburg then boarded the La Rochelle on her maiden voyage to Port Adelaide. Wilhelm and his family first lived and farmed near Hahndorf, then at Harrogate and later at Monarto.

**Speaker: Allan Bretag** was raised on his father's farm, centred on the Bretag/Green Farm Village in the Monarto Safari Park. As Professor of Physiology at UniSA, he gained a reputation for his work on ion channels and neuromuscular diseases. Since 1961 he has been interested in following the origins of the unusual Bretag name.

### “They Only Work On Sundays, Don't They?”

Tuesday 29 August 1.30 – 3pm MR2

Gwilym Henry-Edwards will share some stories about becoming and being a parish priest.

**Speaker: Fr. Gwilym Henry-Edwards,**

former taxi driver, teacher and surveyor is currently the Parish priest at St Bede's Anglican Church at Semaphore. He was previously at Port Adelaide, Enmore (Sydney), Henley Beach, Parafield Gardens and Hawthorn. He also plays Mah Jong at U3A with his wife Sue on Friday mornings and enjoys needlepoint and singing.

### Navigating the Aged Care Journey.

Tuesday 12 September 1.30 – 3pm MR2

Join Lise Windsor in her personal journey over the last few years helping her parents to navigate the maze that is Australia's aged care system. This talk will provide useful insights and practical tips including ideas for what else you can do while on hold to Centrelink!

**Speaker: Lise Windsor** retired in 2020 after a 35 year career in the SA Public service including working with the State's Economic Development Board to promote Ageing Well. After leaving paid employment, Lise has spent considerable time and effort assisting her parents to access services and products in order to help them live at home, then to move into residential care. She then helped her father cope with his grief over losing his partner of over 65 years.

### The Muriel Matters Society Inc.

Tuesday 14 November 1.30 – 3pm MR2

Muriel Matters, born in 1877 in Bowden, was an Australian-born teacher and elocutionist and, among other things, a courageous activist who campaigned fiercely for the rights of women to participate fully in society by having the right to vote in the UK. She was largely forgotten until Frances Bedford researched and promoted Muriel's life through the Muriel Matters Society Inc.

**Speaker: Frances Bedford** is an Australian politician who represented the South Australian House of Assembly seat of Florey from the 1997 state election until 2022. Frances has worked tirelessly for many community groups and has a particular interest in health and education issues, music and, of course, Muriel Matters.

## Wednesday am - Wednesday pm

### Craft Group

Wednesday 9.15 - 11.15am Weekly ECC  
Hall Max 15

Join the craft group and work on your portable crafts whilst sharing conversations, skills and ideas with like-minded people. Demonstrating your unique gifts can inspire others and bring back some crafts which have been forgotten.

Bring along any type of craft: knitting, crocheting, embroidery, tapestry, cross stitch, macramé, weaving, origami, beading, whatever your passion is!

**Group Leader: Jude Hennig**

### French 1

Wednesday 9.30 - 11.00am Weekly ECC MR1  
Max 12

Would you like to learn the fundamentals of communicating in French? If you studied a little French at school and would like to refresh your memory, this course is for you. Over four terms, we will master key phrases and structures, practice our speaking and comprehension skills and do both written and oral exercises. To unwind in the last part of the lessons, we will watch a travelogue of beautiful places in France. We will use Eliane Kurbegov's book Basic French which covers basic vocabulary and grammar in bite-sized lessons. The book is published by McGraw Hill.

This is a continuing class but new enrolments will be accepted.

**Tutor: Marie-Antoinette Galletta** has been teaching French at U3A Inner North since 2019 and at U3A Campbelltown since 2013. Before that, she worked in a private boy's college for 17 years. Marie has visited France four times and loves travelling and cruising.

### Photography

Wednesday 9.30 - 11.00am Monthly 2nd  
Wednesday ECC MR2 Max 15

Sessions will include photoshoots and sharing of photos. Photoshoots will be at

various venues such as the Botanic Gardens and based on a theme eg leading lines, textures and colours. This is not a technical course to learn how to operate your camera but rather a get together of like-minded enthusiasts. Suitable for beginners.

Participants will need to bring their own camera - any type of point and shoot, phone or DSLR.

**Group Leader: Janet Hawkes and Chris Jordison** are enthusiastic photographers, maybe not professionals but they enjoy experimenting, being creative and having fun!

### Social Table Tennis and Badminton

Wednesday 9.30 - 11.30am Weekly ECC  
Stadium Max 16

It's like riding a bike, if you played in your younger days, it will come back! Two hours of social doubles table tennis or badminton for fun, have a dabble with one or both. No experience needed, beginners are very welcome. Please bring your own bats if you have them but some are also provided.

**Group Leader: Fiona Wald** has played table tennis since she was 10 years old and still plays occasionally, socially and competitively.

### Men's Interest Book Group

Wednesday 11.15 - 12.45pm Monthly 1st  
Wednesday ECC MR1 Max 12

NB This group meets every month from February to December including during term breaks. Men and women all welcome!

Many books discussed by the group are non-fiction covering a wide range including biographies, science, history and social commentary. It also includes works of fiction but not romantic novels. For 2023, the group has chosen a broad range of topics including fiction, science, history and autobiographies. Some books are obtained through the Burnside library.

**Group Leader: Chris Bunn** reads many books and likes to discuss with others what he has read.

## Wednesday am - Wednesday pm

### Ask the Counsellor

Wednesday 11.15 - 1.15pm four sessions in Term 2, 10 May, 17 May, 24 May, 31 May, and four more sessions in Term 4, 8 November, 15 November, 22 November and 29 November

ECC MR1 Max 24

NB. There will be a 20 minute break so please bring along some lunch - tea and coffee is provided.

Have you ever wanted to help a family member or friend but don't know what to say? In this interactive course, participants will pose questions that might appear in an "Ask the Counsellor" newspaper column. The Counsellor will facilitate discussion around the issues raised, drawing on the wisdom and lived experience of participants. Each session will be unique and stand-alone with a balance between light and more serious topics discussed. Careful attention will be given to confidentiality.

This educational course is designed to broaden participants' understanding and knowledge of relationship and wellbeing issues.

"Ask the Counsellor" DOES NOT PROVIDE PROFESSIONAL ADVICE to real life situations and people should seek professional support if these sessions raise any concerns for them. Lifeline 13 11 14

Please bring pen, paper and folder to keep classwork and handouts from tutor. A small charge may be made for photocopying.

**Tutor: Lyn Porter** is a registered clinical counsellor with some 20 years counselling experience in community settings and private practice.

### Watercolours

Wednesday Weekly 1.00 - 3.00pm ECC MR2 Max 9

This basic course is intended for those who have some experience using water colours but would like to expand their skills. It does not matter what level of experience you have - just come along and join us as we explore new ideas and have some fun together.

Participants should bring their own materials and some images to work from.

Materials: 300GSM cold pressed watercolour paper, paints, Glad Wrap, sea sponge, small piece of white candle, paper towels, spray bottle, masking tape, masking fluid, sizes 4, 8 and 10 round watercolour brushes with a good point, two water containers, pencils and kneadable eraser. Cost of consumables: A small charge will be made to cover consumables as required, paid direct to the tutor.

**Tutor: Vonney Karpinski** completed her Art degree in the 1980s. She enjoys painting all topics as well as life drawing and portraits and works in all mediums. She has taught art to primary age students and adults. Since retiring from running her own business, she now enjoys her "me time" in her own art studio and offers personalised tutoring.

### Japanese for Beginners

Wednesday Weekly Term 1 only 1.00 - 3.00pm ECC MR1 Max 12

This one term course is an easy introduction to the Japanese language. It will include learning to read and write the Hiragana characters, as well as some basic kanji. Each week the class will build basic vocabulary and simple sentence structure through fun role plays and games. Exploring Japanese ritual and traditions will further enhance the experience of learning the language of this exquisite and unique country.

NB: A small charge will be made for photocopying as no textbook is required.

**Tutor: Cathy Birchmore** has been acquiring the Japanese language over many years through various sources including Adelaide University courses and an intensive 6-week course in Kobe, Japan. She has taught in a Japanese International school and introduced and taught Japanese to primary school students. She was drawn to pursuing the Japanese language because of its logical grammar structure and its consistent easy pronunciation.

## Thursday am

### **Armchair Travel**

Thursday 9.30 - 11.00am Fortnightly 1st and 3rd Thursday ECC MR1

All aboard for some more travel presentations by our members! This is a very relaxed forum. Once you enrol you can attend as many or as few sessions as you like. Please note that the program is subject to change so check the website for up-to-date information about the presentations.

**Group leaders: Rodney Gracey and Pauline Kemp** who have both been keen travellers in the past and hope to be again in the future.

### **UNESCO Sites in Portugal**

Pauline Kemp  
16 Feb

### **Iwona and Daryl in Germany and France**

Iwona Pattison  
2 March

### **European Oddities**

Trudy Hocking  
16 March

### **Rhine Holiday (Christmas) Markets**

Rodney Gracey  
6 April

### **Taiwan**

Jo Kemp  
4 May

### **Scandinavia in a Nutshell**

David Kilner  
18 May

### **A Road Trip through France 2015**

Yvonne Macrae  
1 June

### **Historic Tasmania**

Pauline Kemp  
15 June

### **Backpacking in the Indian Subcontinent Part 2**

David Wilson  
6 July

### **Bits of Europe**

Marja Nielsen  
3 August

### **Two Trips to Canada**

Pauline Kemp  
17 August

### **Vietnam**

Maurice Clark  
7 September

### **National Parks in Utah**

Paul Collins  
21 September

### **Cruising the Norwegian Fjords**

Trudy Hocking  
19 October

### **Living for a Month in Graz, Austria**

Iwona Pattison  
2 November

### **France - Nice and Wine Country**

Rodney Gracey  
16 November

### **English Heritage**

Pauline Kemp  
7 December

### **Birds**

Thursday 9.30 - 11.00 am Fortnightly 2nd, 4th and 5th Thursday ECC MR1

Lectures 2nd and 5th Thursday

**Field Trips:** 4th Thursday

**Dates of Field Trips** - 23 Feb, 23 Mar, 25 May, 22 Jun, 27 Jul, 24 Aug, 28 Sep, 26 Oct, 23 Nov

We are lucky to have retired veterinarian Chris Bunn present more scholarly talks for us this year.

Also, Ann Prescott OAM will be visiting to talk about the relationship between birds and plants. Ann is a botanist and illustrator and is the author of the popular book about SA wildflowers, "It's Blue With Five Petals".

Members of the group will also give talks about their areas of interest.

On our field trips we hope to visit such places as Laratinga Wetlands, White's Rd Wetland at Bolivar and the Mt Lofty Botanic Garden. These trips will start at 8.30 at ECC. Note that they can take up the whole

## Thursday am

morning. We have binoculars for those who need them.

A tentative program is listed below but please note that it is subject to change.

**Group leader: Pauline Kemp** took up birding when she retired, and loves it!

### **Bush Birds of SA #1**

Pauline Kemp  
9 February

### **Bird Surveys with Birds SA**

Peter Christy  
9 March

### **Books about Birds**

Chris Bunn  
30 March

### **Birds of Mallacoota**

Linda Christy  
13 April

### **Bush Birds of SA #2**

Pauline Kemp  
11 May

### **Birds of New Zealand**

Maree Merchant  
8 June

### **Birds 100**

Chris Bunn  
29 June

### **Birds and Plants**

Ann Prescott  
10 August

### **Why do Birds Flock Together**

Chris Bunn  
31 August

### **Exotic Birds**

Pauline Kemp  
14 September

### **Thirty Bird Orders**

Pauline Kemp  
9 November

### **Famous People and Birds**

Chris Bunn  
30 November

## **Ukulele Jam Session**

Thursday 9.15 - 10.45am Monthly 4th  
Thursday ECC MR1

So, you've got a ukulele? Well dust it off, tune it up, bring it along and join us in a jam session with others who enjoy making music, playing the ukulele and having a good ol' sing-a-long. The monthly jam will include a diverse range of music from traditional ukulele and folk tunes to songs from a more modern era. Based on your feedback from the sessions and any future song requests, the tutor will advise at each session which songs will be played the following month. If you can play 1, 2, 3 or even 4 chords you will get a lot from these sessions as the more you play the better you become.

NB: a small charge may be made for photocopying. Please bring a music stand (if you have one).

**Tutor: Denise Connor** is not a music teacher and has only been playing the ukulele for 3 years but really enjoys the fun of playing. Denise may also be accompanied by other ukulele enthusiasts.

## **Italian for Beginners**

Thursday 11.00 - 12.30pm Weekly ECC MR1  
Max 15

This is a simple course designed for you to learn the basics of Italian at a slow relaxed pace over the course of four terms. The textbook Italian for Beginners by Angela Wilkes, published by Usborne is recommended. It comes with an audio CD and is internet-linked. In addition, handouts will be emailed regularly. There are no exams to stress over. Simply learn to read and speak Italian as you build up your vocabulary. Then end each lesson with a visit to a beautiful spot in Italy.

This is a continuing class, but new enrolments will be accepted.

**Tutor: Marie-Antoinette Galletta** is of Italian descent and has visited Italy numerous times. In 2021 Marie began teaching Italian at U3A Inner North and has run Italian classes at U3A Campbelltown since 2014. Before that she worked in a private boys' college for 17 years.

## Thursday pm

### Mosaics

Thursday 1.00 - 3.00pm Weekly ECC MR2  
Max 12

Learn basic mosaic techniques. Your first project is to decorate a garden pot (\$5.00 material cost, paid direct to the group leader). After that, you will be given ideas for your own project including types of resources available and where to purchase suitable materials. Teresa will guide you and teach you tricks and tips that she has learnt over the years. You will enjoy good company in a relaxed and fun environment.

**Group Leader: Teresa Pizzino** has been a mosaic artist for over 10 years and is the group leader of Cracked Pot Mosaics, a local community group.

### Explore Art - Practical

Thursday 1.00 - 3.00pm Weekly ECC MR2  
Max 12

This course is for people who want to make art and improve their skills. Bring along a project and Anneke can help guide you to a successful outcome. There is also a structured course for those wanting to learn or refresh their drawing. Participants are required to bring their own materials. Beginners need an A3 sketchbook, 2B, 4B pencils and eraser.

**Tutor: Anneke Hoffman** is a retired secondary art teacher of 40 years who is also a practising artist with skills in a wide range of media.

### History

#### Extreme Adventures

Thursday 1.30 - 3.00pm ECC MR1

A series of 3 talks about explorers and adventurers of the 19th and early 20th centuries who really did "boldly go" where no-one had gone before. No satellite technology, no helicopter rescue if things went wrong, not even radio to keep in touch. We look at the first attempts to reach the so called "Three Poles" - North, South and the summit of Everest.

#### The Early Attempts on Everest

9 February

### The North Pole

16 February

### The Antarctic Explorations

23 February

**Tutor: Sue Garforth**

### London Landmarks

Thursday 1.30 - 3.00pm ECC MR1  
A series of 2 talks about the City of London.

### The History of The London Tube

9 March

### The History of The Houses of Parliament

16 March

**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.

### Significant Cities

Thursday 1.30 - 3.00pm ECC MR1

This series of talks looks at the evolution of cities in western civilisation from four different perspectives. We will explore Athens (500-400 BCE) as the fountainhead, Vienna (1780-1910) as the beginning of the 'pleasure principle', Detroit (1890-1915) as the prototype of mass production and mobility and Istanbul (600 BCE – 1900) as the epitome of urban evolution.

The last talk on Taklamakan will look at four abandoned and forgotten cities in the Chinese desert beyond the Himalayas that were re-discovered in the late 19th century.

#### Athens

19 October

#### Vienna

26 October

#### Detroit

2 November

#### Istanbul

9 November

#### Lost Cities of Taklamakan

16 November

## Thursday pm

**Tutor: Andrew Crowther** is a retired Associate Professor with a long held fascination with nineteenth century literature and history.

### Chinese Myths and Legends

Thursday 1.30 - 3.00pm ECC MR1

Fantastic stories of gods, monsters, and heroes of ancient China.

### Chinese Creation Myths

23 November

### Legendary Heroes of China's Pre-history

30 November

### Chinese Legends and Earliest Records

7 December

**Tutor: Jo Kemp** has a Bachelor of Arts in Chinese language and Asian Studies and has travelled to China many times.

### Australian History

#### Billy Hughes and the Governor-General

Thursday 1.30 – 3.00pm 2 March ECC MR1

During the First World War the Governor-General Sir Ronald Munro-Ferguson was proactive in maximising Australia's war effort. He believed that conscription was necessary and that the Prime Minister, Billy Hughes, needed his support behind the scenes.

**Tutor: Chris Bunn**, after retirement as a veterinarian has developed an interest in Australian history. Having lived in Canberra for 25 years, he has a special interest in federal politics.

#### Love your Parklands

Thursday 1.30 – 3.00pm 23 March, 30 March and 6 April ECC MR1

This is a new series of three talks. What is unique about the city of Adelaide? It is a city inside a park (not the other way around). There are 29 named parks encircling the city and each one has its own character and its own history. Learn the stories from this passionate supporter of the Adelaide Park Lands.

**Tutor: Dr Sandra Lindemann** is a writer specialising in biography and social history.

She is Secretary of the Adelaide Park Lands Association.

### Two Visionary Prime Ministers

Thursday 1.30 – 3.00pm ECC MR1

A series of 2 talks from David Kilner's Australian Prime Ministers series.

Both talks are well-illustrated with photographs.

#### Alfred Deakin

1 June

Known either as Affable Alfred or The Enigmatic Mr Deakin, he was loved and loathed at the same time. His behaviour at times was very strange! But Sir Robert Menzies saw him as the leader who shaped Australia's first 40 years and established the institutions and policies that made us who we were.

#### Ben Chifley

8 June

It's 1945. The war in Europe has ended but the war in the Pacific looks set to continue for years. Prime Minister John Curtin succumbs to heart disease and by a margin of three to one, Ben Chifley becomes Prime Minister. The war ends abruptly and Chifley is left with the huge task of transitioning the country to a successful peace-time economy and a new society. Will he succeed in his plans for a social democratic Australia? Or will Robert Menzies of the newly-formed Liberal Party thwart him?

**Tutor: David Kilner** has many interests and a PhD in the field of history and politics.

#### Kangaroo Island

Thursday 1.30 – 3.00pm 15 June ECC MR1

David Wilson is a member of the Kangaroo Island Pioneers Association as his ancestors were immigrants on the "First Expedition" there in 1836. His recent presentation "1836 and All That" was well received and so we have invited him back to help us learn more about the amazing history of this state, focusing on Kangaroo Island where it all started.

#### Tutor: David Wilson

## Thursday pm

### Literary History

#### Charles Dickens

Thursday 1.30 - 3.00pm ECC MR1

In this course we will look at some aspects of the life and work of Charles Dickens; who he was, how two of his sons fared after moving to Australia, why Bleak House is his finest and most loved novel and what masterpieces he was working on when he died.

#### Charles Dickens - The Man

3 August

#### Dickens' Sons in Australia

10 August

#### Dickens – Bleak House, by far the best

17 August

#### Dickens – Unfinished Works

24 August

**Tutor: Andrew Crowther** is a retired Associate Professor with a long held fascination with nineteenth century literature and history.

#### Agatha Christie

Thursday 1.30 - 3.00pm ECC MR1

In this series of 3 talks, David discusses the life and works of the world famous crime writer

#### The Life of Agatha Christie

31 August

This talk discusses 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.

#### Agatha Christie – Her Books and Writing, Part A

7 September

This talk looks at 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 Books and Writing, Part B

14 September

In this talk the focus is on her two famous characters – Hercule Poirot and Miss Marple.

**Tutor: David Kilner**

#### Sir Arthur Conan Doyle

Thursday 1.30 - 3.00pm 21 September ECC MR1

Sir Arthur Conan Doyle is best known to us as the creator of Sherlock Holmes. But this fascinating man was far more than that: a wide-ranging writer; an amateur detective in his own right and a spiritualist. Of Adelaide he said: 'I have seen few such cities, so pretty, so orderly and so self-sufficing'. This illustrated talk will explore his life from a broad perspective.

**Tutor: David Kilner**

#### History of Crime Fiction

Thursday 1.30 - 3.00pm 28 September ECC MR1

In this light-hearted and well-illustrated talk, author David Kilner examines crime fiction from its origins 200 years ago through the years to contemporary fiction. Along the way he looks at the impact of film and television on crime writing and asks what does reading or watching crime fiction actually do for us?

This is an interactive talk so come prepared to answer (and ask) some tough questions about crime fiction!

**Tutor: David Kilner** is a keen participant in University of the Third Age activities at both Campbelltown and Inner North. He began writing crime fiction several years ago. His first Skyla Merrick novel, *The Climate Change Murders*, was published in 2015 and the follow up, *The Rock Art Murders*, was published in 2016. A third book, *Death in the Crypt*, was published in 2019. A new book is underway.

#### Genealogy Corner

#### What to do with Your Family Tree Information and Documents

Thursday 1.30 - 3.00pm 4 May and 18 May ECC MR1

Some people may have started working on their family tree after Sue Garforth's Family History Workshops in 2022. And now there's the realisation that there is so much information and documents to deal with and the question becomes, where to go from there? Marja will show the class how she has

## Thursday pm

dealt with her information and documents. Anyone can attend the sessions, no prior knowledge needed.

**Tutor: Marja Nielsen** has been researching her family tree since 1992 and some of her research goes as far back as the late 1100's. Her research predominantly focuses on the Netherlands and Denmark.

### Genealogy Forum

Thursday 1.30 - 3.00pm 11 May ECC MR1

Are you researching your family tree and would like to talk with other people doing the same? Here's an opportunity to ask questions such as "How do I know my information is accurate?" or "What do I do when I hit a brick wall?" Similarly, why not share your information from your genealogy journey such as "What are the best websites to use?" The forum will include three members who have progressed with their family trees and will share their experiences. Novice researchers are also welcome, no prior knowledge needed.

**Tutors: Angy Henn** has only worked on her family tree for 5 years however her Germanic family tree goes back to the 1100's. **Marg Davey** has been researching her family tree for over 20 years and was part of the Prospect Family History group for 12 years. Her family came from Wales, Scotland, England and Ireland before 1890 so she'll be able to advise on how to find the best information for these countries as well as Australia. **Marja Nielsen** has a wealth of knowledge researching the Netherlands and Denmark so she is familiar with the systems of each country.

### Trove 1, 2 and 3

Thursday 1.30 - 2.30pm 22 June, 29 June, 6 July ECC MR1

This is a three part workshop on a free, powerful, on-line resource of the National Library of Australia, "Trove" - found at <https://trove.nla.gov.au>. There are 6.5 billion items at present available on Trove, and the most popular section is old newspapers which are useful for family history research. This U3A course was presented a couple of years ago, but has since been updated.

Attendance at all three sessions is

encouraged. You will need basic computer literacy - bring along your own device of which you should have a good working knowledge. Notes and syllabus will be provided through a special website, set up for this workshop.

Tutor: David Wilson is passionate about SA history and is responsible for several websites and Facebook groups. He has qualifications in teaching adults and has a background in computer applications.

### Interesting Facts

#### History of Monopoly

Thursday 1.30 - 3.00pm 13th April ECC MR1

**Tutor: Nan Van Dissel** will cover many aspects of the Monopoly game including its history, winning strategies, development of the game over the years as well as discussing the rightful inventor of the game. Was it Charles Darrow or Lizzie Magie?

#### Marriage and Kinship - the Nayar Warriors of Kerala

Thursday 1.30 - 3.00pm 25 May ECC MR1

The Nayars of Kerala are matrilineal, that is, they trace descent through the maternal line. They are not, and never have been, matriarchal, men hold most of the power but the structures are different. Dr Sandra Lindemann presents an introduction to the marriage practices and kinship structures of the traditional Nayar community as it existed prior to European and British colonisation.

**Tutor: Sandra Lindemann** holds honours and masters degrees in anthropology

#### History of Paper

Thursday 1.30 - 3.00pm 27 July ECC MR1

The author Mark Kurlansky tells us that "paper is one of the most essential pieces of human technology, yet it is also the simplest. It has supported literacy, religion, education and journalism, helped found civilisations and promoted revolutions".

This talk will explore the evolution of paper from antiquity to the present day, focusing on the Middle East and Asia as the two key sources in the origin and evolution of paper.

**Tutor: Andrew Crowther**

## Friday am - Friday pm

### **Mah Jong for Non-Beginners**

Friday 10.00 - 12.30pm Weekly ECC MR1  
Max 20

Mah Jong is a table game of three to four players and is played with a set of 144 special tiles. The game includes many interesting features of the old Chinese game but has been adapted to meet the demands of western players. Mah Jong sets are supplied.

**Tutor: Daniel Turner** is an avid Mah Jong player.

### **Friday Book Group**

Friday 11.00 – 12.30pm Monthly 1st Friday  
Meets at Payinthe, Prospect Road Max 10

Read books and meet new people. This is an opportunity for enthusiastic readers to come together once a month to discuss a particular book. Books are chosen by the group from a range of sets available at the Prospect Library. Members do not need to purchase books.

**Group Leaders: Jenny Smith and Evelyn Neuwirth**, both avid readers and talkers.

### **Let's Do Lunch**

Friday 12.00 - 2.00pm Monthly 3rd Friday  
Various Locations Max 12

Meet up with other Inner North members and enjoy a meal at a different local pub.

An email will be sent a week prior with the name of the pub, the meeting time and an email address for an RSVP. Lunch is at your own expense.

**Group Leader: Lee Tai** enjoys going out with people for casual meals and having a break from cooking and washing up. She likes to discover nice pub food in the local area.

### **Men's Lunch Discussion Group**

Friday 1.00 - 3.00pm Monthly 3rd Friday  
various locations Max 15

This is a men's only group.

A monthly meeting of gentlemen at a selected nearby lunch venue for the purpose of having a relaxing meal and discussion about matters

of importance, both historical and current.

**Group Leader: Jeff Standfield** is a retired public servant qualified in the areas of chemistry and public health and safety. He is fascinated by the artistic achievements of others and is searching for some philosophy that explains what he sees happening around him.

### **Classical Music Appreciation**

Friday 2.00 – 4.00pm Monthly 2nd Friday  
Meeting in the home. Max 7

Come and relax with our group of people who enjoy celebrating different genres of classical music from many cultures and places. We all share our knowledge and experience.

**Group Leader: Jude Hennig**

### **Canasta**

Friday 1.30 - 3.30pm Fortnightly 1st, 3rd and 5th Friday ECC MR2

Classic Canasta version. Other versions may be on offer depending on player numbers. The objective of the card game Canasta is to beat the opposing team (or opposing players) by scoring more points. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. If you have a Canasta pack of cards, please bring it along to ensure we have enough packs. Beginners and those who already know how to play are all welcome.

**Group Leader: Kristina Barnett**

### **Tell Me What You Think**

Friday 1.30 - 3.00pm Monthly 2nd Friday ECC MR2 Min of 8.

Tell Me What You Think is a current affairs discussion group for people who love to share their views about contemporary issues and who want to hear what others also think. Topics are set by the group. Lively discussions always ensue! Recent topics discussed have included: assisted dying, sex work, opening up with COVID, the submarine deal, aged care, assistance animals, the toxic male culture, over- population, should we feed

## Friday am - Friday pm

wild birds, drug decriminalisation and herbal remedies.

**Group Leader: David Kilner** has a background in social work and social policy development and is a keen student of current affairs.

### **Quiz Session – ‘On the Tip of my Tongue’**

Friday 1.30 - 3.30pm Monthly 4th Friday ECC MR2

Stretch your brain at the monthly quiz sessions. Questions will be in different categories on a range of topics. There are no prizes, just the accolade for being able to remember the most that week!

Participants will be on tables of four persons. You can make up your own table or be placed on a table on your arrival at each session. The idea is to move around each session and meet lots of people!

**Group Leaders: Jenny Rossiter** and her husband Neil have been doing the ‘Fifty Questions’ in The Advertiser for many years. Averaging about 33 correct per week (most answered by Neil), Jenny felt she was probably better at being the organiser of a quiz session rather than a participant!

**Daniel Turner** is an avid quiz night attendee playing on many winning teams and has put together a number of quizzes over the years.

## Out and About

### **Bushwalking with Iwona**

Various am dates over the year in various locations.

If you enjoy occasional bushwalking in the Adelaide Hills this class may be what you are looking for. The duration of the bushwalks will be 2-3 hours. Most walks will start at 8.30 am. No specific dates have been set for these walks and days of the week will vary.

Once you enrol for this activity you will be notified of the upcoming bushwalks via email a few days before each walk. The email will include details of the grade of the walk, the time and the location.

Those enrolled will then be able to consider their immediate circumstances and will be asked to notify the walk leader of their intention no later than 24 hours before the walk.

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

### **David Roche Foundation**

Wednesday 15 February 10.00am Max 10

This is a guided tour of David Roche's home 'Fermoy House' on Melbourne Street, North Adelaide followed by an opportunity to look at the exhibition in the adjoining gallery wing.

David J Roche AM (1930 – 2013) was a collector for almost sixty years. He spent his lifetime developing what has become The David Roche Collection which spans the eighteenth and nineteenth centuries and includes European furniture, ceramics, clocks and paintings. It contains many luxury works by leading designers displaying exquisite workmanship as well as many quirky and playful items. The collection is recognised as being remarkable in its quality and range.

Meet at 241 Melbourne Street by 9.55 am. Parking is available on site.

Duration: 1 hour and 20 minutes. Fee: \$20 (Conc. \$17) to be paid when entering.

**Group Leader: Helen Johnston**

### **Embroiderers' Guild of SA**

Monday 06 March 10.00am Max 15

Take a guided tour of the Embroiderers' Guild during their Fringe exhibition called 'It Starts with a Stitch'. The Embroiderers' Guild displays South Australia's largest collection of embroidered textiles including more than 2200 objects and needlework accessories. If embroidery is one of your passions (or could be) then come along and hear about the Embroidered Signatures Project or find out about the wide range of embroidery groups from beginners to expert.

Meet at 16 Hughes St, Mile End by 9.50 am. Off street parking is available at the rear of the building. Option of morning tea afterwards at the popular nearby 'Loveon' Café (at your own expense).

Duration: 2 hours. Fee: \$5

**Group Leader: Jude Hennig**

### **Walkerville Walking Tour 1 (Lower Walkerville)**

Monday 20 March 10.00am Max 15

Walkerville was named after Captain John Walker R.N. (no relation to Captain Johnnie Walker) who took up land in the district in 1838 two years after the first colonists arrived in South Australia. The area was attractive to early settlers and within a few years, the settlement had become a village. Walkerville is home to many historical buildings. This walk will explore those that remain including Clayton House, Walton Cottage, St. Andrew's Church and Hope Lodge as well as the sites of the original slaughter house and brewery.

Meet at the Sussex Hotel car park at 9.50 am.

Duration: 1½ - 2 hours.

**Group Leader: Sue McMillan**

### **The Little Glory Gallery: Guild of Handspinners and Weavers of South Australia**

Wednesday 3 May 11.00am Max 10

2023 is the year this Guild celebrates 60 years of operation so it will be a good opportunity to

## Out and About

visit it and see its members at work. Lucky for us, the felters and weavers will be working on Wednesday! Explore the Gallery's display of a wide range of hand-spun, hand knitted, felted or woven garments, accessories, yarns and toys. There will be items for sale including wool fleece, beanies and prepared fibres used for spinning and dyes.

Meet at 196 South Rd, Mile End (Corner of Lurline St) at 10.50 am. Off-street parking available. Option of coffee afterwards at the popular nearby 'Loveon' Café' (at your own expense).

Duration: 1 hour

**Group Leader: Helen Johnston**

### **West Terrace Cemetery Tour: Trailblazing Women**

Monday 8 May 10.30am Max 15

The 'Trailblazing Women' interpretive trail through the West Terrace Cemetery will highlight the personal traits and characters of women who left their mark on South Australia and beyond, helping shape our society and culture from the beginning of colonisation.

Limited parking available onsite, entry via main entrance directly opposite Sturt St. Or park on nearby Sturt Street or Wylde Street.

Meet inside the West Terrace Cemetery main entrance at 10.25 am.

NB. Access issue: some uneven ground so wear sturdy enclosed shoes.

Duration: 1½ – 2 hours.

**Group Leader: Linda Christy**

### **Prospect Air Raid Shelter**

Monday 15 May 10.00am Max 20.

Out of sight yet accessible, air raid shelters were crucial to civil defence plans during WWII. Now, thanks to the Prospect Local History Group and the City of Prospect, you can discover the background to the Prospect air raid shelter's existence. See the short 1941 film illustrating how people were prepared for an air attack. Also visit the adjacent Gardens that honour those who served and the local

community's civil defence effort.

NB: Access issue: steep steps, so use the handrails and wear sturdy enclosed shoes.

Meet at the shelter on Willcox Ave at the NE end of Prospect Oval.

Duration: 1 – 1½ hours. Fee: Gold coin donation to Prospect Local History Group will be appreciated.

**Group Leader: Neil Rossiter**

### **Memorial Gardens and Soldier Stories Linked to RSL WW1 Honour Board**

Wednesday 24 May 10.00am Max 15

WWI remains Australia's costliest conflict in terms of deaths, casualties and impact. There needed to be public recognition of that sacrifice. Neil outlines the history of the Prospect Memorial Gardens and some of their features. Thereafter, the group will go into the Prospect RSL to view the Prospect District WW1 Honour Boards where Neil will explain the history of the Boards, highlighting particular men and women listed and outlining examples of their lives after the war.

Meet at Prospect War Memorial, Prospect Memorial Gardens on the corner of Menzies Crescent and Willcox Avenue.

Duration: 1 – 1½ hours. Fee: Gold coin donation to Prospect Local History Group will be appreciated.

**Group Leader: Neil Rossiter**

### **Tour of Repatriation General Hospital Museum**

Monday 24 July 12.00 noon Max 10.

A guided tour of this volunteer-run museum reveals a wealth of memorabilia relating to the hospital's history as well as both world wars and other major conflicts. For example, see a display of heritage medical equipment relating to the hospital's history as well as items used and made by returned soldiers undergoing occupational therapy. The collection also includes a wide range of memorabilia from various theatres of war. Several pieces connected to prisoners of war including from the Thailand Burma Railway and Changi

## Out and About

Prison are of special interest.

The museum is located inside the Repatriation Hospital complex, entry Gate 8, Goodwood Rd. A map of the hospital, highlighting entry point and location of the public car park area will be provided prior to the activity.

Duration: 1 hour. Free entry but donation appreciated.

**Group Leader: Neil Rossiter**

**Local MP at work: Lucy Hood at Parliament House**

**Day, date and time TBA Max 10**

How many times have you walked past and thought about what would it be like to be an MP working at Parliament House? Can I just pop in and listen in to debates? Who opens this Parliament each year?

What do MP's do when parliament is not 'in session'? Lucy Hood will introduce you to our Parliament House and its workings. BYO questions. Option of coffee and chat afterwards at Parlamento cafe (at your own expense).

Indicate your interest now by enrolling. Details of this course will be provided at a later date depending on the 2023 schedule for Parliamentary sessions.

Meet 15 minutes before the agreed start time. Meeting place and disability access: TBA.

Duration: 1 hour. - depends on Parliamentary sitting times.

**Group Leader: Sue McMillan**

**Walkerville Walking Tour 2 (Upper Walkerville)**

Monday 25th September 10.00am Max 15

Walkerville was named after Captain John Walker R.N. (no relation to Captain Johnnie Walker) who took up land in the district in 1838, two years after the first colonists arrived in South Australia.

This walk includes historical residences including the former Post and Telegraph Office, House of Mercy for unwed mothers, Gables, Walkerville Wesleyan Cemetery and

Kennion House.

Meet at the Sussex Hotel car park at 9.50 am.

Duration: 1½ hrs.

**Group Leader: Sue McMillan**

**North Road Cemetery - Tragic and Unexpected Deaths**

Monday 16 October 10.30am Max 15.

North Road Cemetery have published a book titled "Tragic and Unexpected Deaths". Angy Henn will take you for a walk around the Cemetery while talking about some of the tragic stories highlighted in the book, some of whom died in the line of duty, some by random accidents, some by suicide and there's even a few murders.

Meet at eastern end of the Cemetery (off D'Erlanger Avenue, Collinswood).

Duration: 2 hours

**Group Leader: Angy Henn**

**City of Adelaide Botanic Gardens**

Monday 23 October 10.30am Max 15.

On our Friends guided tour we'll visit key features of the Gardens showing spring in its glory including the rose garden. Option of a cuppa or early lunch at the kiosk afterwards (at your own expense).

Meet your group leader and tour guide at the Friends Gate on Plane Tree Drive at 10.25 am.

Wear enclosed walking shoes.

Duration: 1½ hours. Fee: Gold coin donation to Friends of the Botanic Gardens.

**Group Leader: Jude Hennig**

**Clipper ship 'City of Adelaide'**

Monday 30th October 12.00 noon Max 15.

The 'City of Adelaide' is a rare treasure, one of four remaining examples of timber-hulled clipper ships in the world. These ships cut weeks off standard travel time. From 1864 this ship offered passengers 'luxury travel' from Britain to Adelaide then reloaded with South

## Out and About

Australian copper and produce. After the ship's neglected hull was found in Scotland, volunteers raised money to buy and ship it to Port Adelaide for major restoration work. The focus in 2023 is 'reconstructed first class cabins'.

NB Access issue: steep stairs with handrails to ship and decks. Wear practical footwear.

Follow signage to Dock 2, Honey Street, Port Adelaide. Easy parking onsite. Meet at 11.50 am at the Office.

Duration: 1 hour. Fee: \$15 for guided tour with group discount.

**Group Leader: Ian Drake**

### **The Cedars at Hahndorf: Hans Heysen's home and workplace**

Wednesday 15 November 12.00 midday Max 15

Join a guided tour of The Cedars, the family home of Hans Heysen from 1912. View his original artworks and take in the inspirational garden and environment. See also his daughter's early workspace - Nora was the first woman to win Australia's Archibald prize in 1938. After that success, one of her competitors was quoted as saying "it was 'sheer lunacy' for women to think they could paint as well as men" (online source: Inside Story). Books and prints on sale. Enjoy a BYO lunch in the garden.

NB: Access issue: some steps and uneven terrain so wear sturdy walking shoes.

Follow signage on Ambleside Rd. Please arrive at 11.40 am in order to pay for the tour.

Duration: Guided Tour 12 – 1.00 pm. but allow 2 hours for your visit.

Fee: \$20 Concession (TBC)

**Group Leader: TBA**

### ***For Out and About activities, please remember:***

*Before each activity the group leader or U3A contact person will give you their contact details. Please make sure you have this with you on the day, to make meeting up as smooth as possible.*

*It is particularly important to let the group leader know if you cannot attend an Out and About activity.*

### ***It's never too early to suggest a course or three for 2024***

*Please contact [admin@u3ainnernorth.org.au](mailto:admin@u3ainnernorth.org.au) if you would like to run a course or give a talk in 2024 – we're always on the lookout for new tutors.*

*Our U3A tutors are predominantly U3A members – all give their time on a voluntary basis.*

*We wouldn't have our amazing Program if it wasn't for our tutors giving it a go.*