



Bird group enjoying a delightful sunny morning at Unity Park Pooraka.

Term 1 2023 Newsletter 2

"IT'S OK NANNA, YOU'RE JUST LEARNING! " my four year old grandson said to me, as I was grappling with the Easter Bunny card circuit LED light project, trying to get the lights to flash.

I really wanted to give up, but looking at the anticipation and excitement on my grandson's face, I kept on trying. I mean how hard could this be...it said in the instructions, that it was an easy project!

I watch with amazement as my grandson constantly tackles a new project. He's currently learning how to tie a knot. "It's ok, I'm just learning", he says giving himself permission to fail at the first attempt and then subsequent attempts. Eventually he gets it and you can see his pride and sense of achievement. He has got so much to learn. We have got so much to learn from him. Give everything a go, don't be afraid of failure. Who cares if you do? What have you got to lose?

I am a person who is a "jack of all trades....master of none". I love trying something new. In the last 5 years at U3A, I have learnt how to play mahjong, canasta, circle dancing, mosaics, photography, pickleball and am currently learning Japanese. I love the fact that there are so many things to know and to learn, and that I now have the time to do it.

Back to my Easter Bunny card... the LED lights didn't flash but my grandson thought it was pretty cool anyway...

Jenny Rossiter

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President's Report
Program Coordinator
Message

What happened in Term 1

So Much More To Learn

No Time To Be Bored

Do You Have Royal Blood?

Need To Get Out Of The House?
Thank You To Jo Kemp

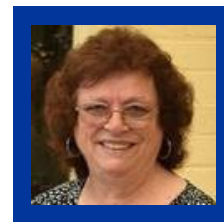
U3A Statewide Online
2023 Important Dates

Laughter Is The Best Medicine

PRESIDENT'S REPORT

U3A Inner North now has 275 members and the camaraderie amongst members is very evident. I think we are developing our own U3A family!

Last week at ECC I attended a history lecture with a group of members who were obviously fully engaged by the speaker, asking questions and showing interest.



That morning at Armchair Travel I had been amongst thirty members who had similarly enjoyed an entertaining presentation. And I found myself in the middle of that history lecture somehow suddenly filled with a deep sense of satisfaction and a realisation that we at U3A Inner North are doing something really worthwhile. I felt the same satisfaction after taking part in an informative Out and About walk in the local area the following day.

We are not just passing time with our courses, we are all participating in quality activities, both physical and intellectual, deepening our life experience and enjoying ourselves while we are about it.

All praise to those guys in France who thought up the concept of U3A in the 1970's!
Hooray for U3A's!

Pauline Kemp
President

PROGRAM CO ORDINATOR MESSAGE

Many of you would have done some sort of planning like a wedding, a holiday or renovation - well I'm already giving some thoughts to our 2024 program.

If you have a passion for anything or you're knowledgeable on a topic that would be suitable for Inner North U3A, chances are there are others who would like to hear about it. A course or activity can be any length from a one-off session (eg a talk) to a full year.



If you have something to offer and you would like to join the many voluntary tutors or group leaders, please contact me via email on program@u3ainnernorth.org.au

Angy Henn
Program Co ordinator



Staying Active: physically, mentally and socially

WHAT HAPPENED IN TERM 1..

PHOTOGRAPHY GROUP

In March the Photography group visited the David Roche Gallery in North Adelaide to view the National Photographic Portrait Prize 2022 Exhibition.

Fortunately the morning rain showers cleared and we were able to take some photos in the lovely formal garden at the front of the gallery after the Exhibition.

Morning tea at the nearby coffee shop provided an opportunity for a lively discussion of the various portraits we had seen.

PICKLEBALL - 2nd GROUP?

Pickleball has proven popular again in 2023, with 14 persons enrolled in the Monday group and some on the waiting list.

There is an opportunity to start a second group on Tuesday mornings, 11.00am - 12.30pm, beginning in Term 2. The group will be for beginners. The group will be started by myself, but eventually it will require a new group leader, as I stand down.

If you are interested in playing pickleball on Tuesday mornings, please email admin@u3ainnernorth.org.au



TELL ME WHAT YOU THINK

Tell Me What You Think is a group of enthusiastic talkers who love to explore various topics on the second Friday afternoon of the month from 1.30 to 3.00pm.

There are no prerequisites for membership and all members can propose topics.

You don't need to be an expert - just tell us what you think!

So far this year we've discussed the following topics:

- Would the establishment of a Voice to Parliament in the Australian Constitution be of any practical benefit to indigenous Australians?
- Why are men so hopeless at looking after themselves?

The next four topics to be discussed are:

- Is fear of an AI future the only possible response for our generation?
- From Op shops to Earthquakes - Do donations mean more than Tax Deductions?
- Is the Australian constitution fit for purpose? Would you support Barry Jones idea of having a plebiscite on the republic initially? Could the constitution just be reworded to make more sense, if Australia became a republic?
- Should we ban/regulate driving on beaches?

Members are welcome to come along and have a listen before deciding whether to join.

WHAT HAPPENED IN TERM 1..

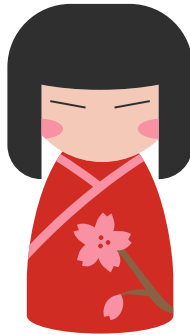
JAPANESE FOR BEGINNERS



Peaceful, diligent Japanese students practising writing their hiragana characters with correct stroke order.



Competitive fast Hiragana game of "Battle of the Fly Swat"



Revising and sorting new Japanese hiragana characters with flash cards using picture mnemonics to remember each character.

WATERCOLOURS

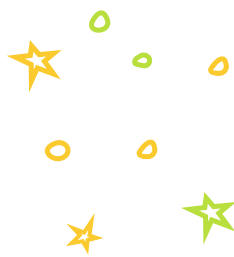
Our 2023 water colour class of 9 has some new students who joined us this year so I decided to give "back to basics lessons". Some of last year's members wanted to be involved too and they're all really enjoying themselves having fun and learning together.

I'd like to congratulate Karen Kesby whose artwork is really outstanding, she is currently involved in a group exhibition at Gingers Café Goodwood Rd and has sold many of her paintings there as well as in the 2022 SALA exhibition; well done Karen.

If you're out that side of town maybe pop in and take a look at Karen's paintings and grab a cup of coffee or a bite to eat and support the café who supports local artists and our U3A member.



WHAT HAPPENED IN TERM 1..



OUT AND ABOUT EXCURSIONS

What did our members do and see?

Our first outing on a very hot morning was to the David Roche Foundation: visiting both Fermoy House and the National 2022 Photographic Portrait Prize. Both amazing!

Where would you expect to see a truly 'Russian Room' offering a dazzling display of the finest 18th Century furniture, a portrait of Catherine the Great, Empress of Russia and another of Nicholas I, Tzar of Russia, and many other items you'd typically find in a St Petersburg Imperial Palace? Possibly not here, in North Adelaide. Allegedly after WW2, needing funds urgently, a former Russian President sold off the contents of palaces abandoned during the Revolution. And David Roche, an expert and avid collector, partly furnished his home, Fermoy House, from that sale. Our guided walk and the story of acquisitions was fascinating.

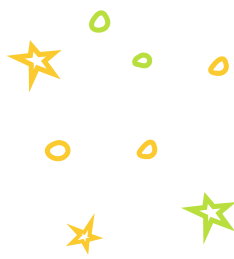
Since then our members have enjoyed a morning walk learning about historical Walkerville from the earliest days of white settlement (and the linked displacement of local Kaurna people), a guided tour of Parliament House by a local MP, the Fringe Exhibition and work of the Embroiderers' Guild and the first of many stimulating nature walks.

So much to do, to discover and simply enjoy in great company! Keep in mind that even if you have to go on a wait list for an outing, it doesn't mean there won't be a vacancy for you when the time comes.

Helen Johnston



WHAT HAPPENED IN TERM 1..



HAPPY FEET CIRCLE DANCING

Why does this course continue to be so popular? Read the members' quotes....

This weekly U3A Inner North class attracts a wonderful bunch of men and women (Jane).

We are very pleased that word of mouth has helped to bring greater participation this year (Tutor Heather)

A great group of people who welcomed me warmly when I started this term (Trish)

Circle dancing is a fun way to exercise both brain and body. I find it holistic, inspiring and fun (Caroline)

Beginners to dance can easily learn steps which are carefully taught by the facilitators (Veronique).

Circle Dancing is my very enjoyable meditative time with beautiful music & meaningful dancing taught by 2 wonderful teachers (Valerie).

I really enjoyed my first session of circle dancing (Carolyn)

Always great energy with a great group of people. The multicultural music and the dances are very therapeutic and most enjoyable (Andriana)

From a personal view point, I have gained a lot from joining this class (Veronique).

Circle dancing is most enjoyable, it's great for fitness, memory and meeting people (Lorraine).

ST PATRICK'S DAY DANCE CELEBRATION Lauraine Newcombe - Chairman U3A Taunton UK was a welcome visitor. For St Patrick's Day the group wore green and had fun dancing to traditional Irish music (Veronique) We learnt a variety of Irish/Celtic dances to beautiful ballads and jaunty jigs. (Heather)

CENTREPIECES

The Centrepiece provides a fixed centre & focus for our circle of dancers & through the theme portrayed contributes to our enjoyment of each unique weekly gathering



I thoroughly enjoyed the session this morning - thank you to all the members for making me so welcome (Lauraine, UK visitor)



Celebrating Writer's Week - Centrepiece by Jane
One of our new dancers this year, Audrey is a children's book writer & she entertained us with the back story to one of her books.

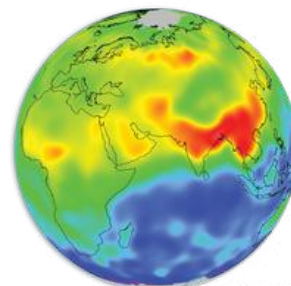


Adelaide Fringe Centrepiece (Granddaughter's costume)
Centrepiece by Pam. Members danced to "Grandmother Song" the song playing at Pam's granddaughter's Fringe performance

SO MUCH MORE TO LEARN!

TERM 2 ACTIVITIES WITH VACANCIES...

CLIMATE CHANGE (2 TALKS)



TUESDAY 9 MAY, TUESDAY 16 MAY 9.30 - 10.45am

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 adaption 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



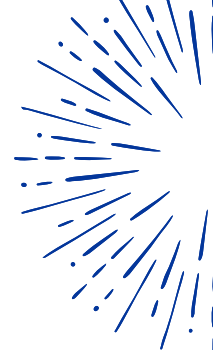
MARRIAGE AND KINSHIP: THE NAYAR WARRIORS OF KERALA

THURSDAY 25 May 1:30pm-3:00pm

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

NO TIME TO BE BORED!



TERM 2 ACTIVITIES WITH VACANCIES CONT...

GUEST SPEAKERS

CARING FOR A PARTNER

TUESDAY 9 MAY 1:30pm - 3:00pm

The aim of the talk is 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. It will also cover her experience of being a carer for someone with major depression and generalised anxiety disorder.

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.

SOUTH AUSTRALIA'S SEX INDUSTRY

TUESDAY 13 JUNE 1:30pm-3:00pm

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

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.

SEEKING GROUP LEADER FOR PICKLE BALL TUESDAY GROUP (BEGINNERS) 11.00am - 12.30pm

This is a new group, beginning in Term 2. I will start the group up, teach people how to play, show them how to put up the equipment, organise players into playing groups. I will mentor the new group leader. When the group leader is confident, then I will step out, although I will always be available if needed.

If you are interested please email admin@u3ainnernorth.org.au or come along to the Monday group, 11.30 - 1.00pm for a chat. Jenny Rossiter, Group Leader Monday Pickleball



TERM 2 ACTIVITIES WITH VACANCIES CONT...

GENEALOGY

WHAT TO DO WITH YOUR FAMILY TREE INFORMATION

THURSDAY 4 May and 18 May 1.30 - 3.00pm

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 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.



GENEALOGY FORUM

THURSDAY 11 MAY 1:30pm-3:00pm

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.

NEED TO GET OUT OF THE HOUSE?



TERM 2 ACTIVITIES WITH VACANCIES CONT... OUT AND ABOUT EXCURSIONS

GUILD OF HAND SPINNERS AND WEAVERS

WEDNESDAY 3 MAY 11.00am - 12 noon

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

Group Leader: Helen Johnston

PROSPECT AIR RAID SHELTER

MONDAY 15 MAY 10.00 - 11.30am

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.

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

Tour Leader: Neil Rossiter

THANKYOU TO JO KEMP

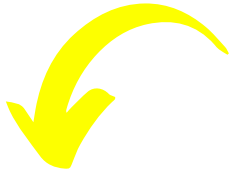
Jo has been a member of the U3A Committee for four years. In 2020 she took over the role as Program Co ordinator. This is a huge role particularly as we had just moved into ECC. Jo took on the challenge and succeeded in creating quality programs over several years. We thank Jo for her enormous contribution to U3A , as she steps down from the committee, in order to give others the opportunity to be involved .



U3A STATEWIDE ONLINE



Learn from the comfort of
your home!
Join in U3A SA online classes.



New Courses:

Understanding Chat GPT - the first
public AI (artificial intelligence) app.
and

The Australian Political System -
Making Sense Of It (5 sessions)

Climate Change: Information Inspiring Action
Writing Critique Group
French 2

Italian Conversation: interest & travel
Philosophy An Interactive Course
How To Teach And Learn Online
Geology 'Our Restless Earth'
Social Media - Facebook Tips and Tricks



Go to the U3A SA website for more details.
<https://u3asouthaustralia.org.au/>
Click on the tab "Statewide Online".



2023 Term Dates

Term 1: Mon 6 Feb - Thurs 14 April
Term 2: Mon 1 May - Fri 7 July
Term 3: Mon 24 July - Fri 29 Sept
Term 4: Mon 16 Oct - Fri 8 Dec

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



Diary Dates 2023

Thurs 20 July - Mid Year Social
Thurs 12 Oct - AGM
Thurs 14 Dec - End of Year Celebrations



Regency Community Garden

INFORMATION DAY, SAT 15 APRIL, 11AM-1PM

ENFIELD COMMUNITY CENTRE, 540 Regency Rd, Enfield

(next to the Men's Shed)



All Community members are welcome
Join us for a free Sausage Sizzle and Chat

How will this Community Garden be run?

What benefits will I get from being a
garden member?



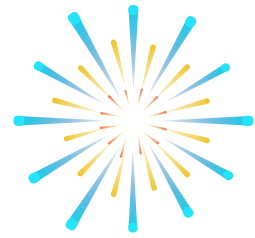
How do I become a Community Garden Member?

What will it
cost Me?



Sponsored by Regency Community Men's Shed
Proudly Supported by the City of Pt Adelaide Enfield

LAUGHTER IS THE BEST MEDICINE



Aarrrrgh!

Why don't pirates take a shower before they walk the plank?

They just wash up on shore.

"Nothing looks good on me anymore," wailed a customer modeling an outfit in front of the department store's mirror. "Nonsense, ma'am," soothed the salesclerk. "That dress says it all." "That's the problem," the woman replied. "I need a dress that keeps its mouth shut."

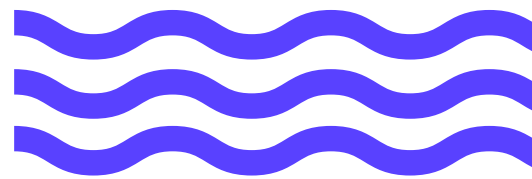
Just Desserts....

At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?" "Why should it?" answered her spouse. "I keep telling them it's for you."

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?"

"Yeah," the other cow says.

"Makes me glad I'm a penguin."



Boyfriend Trouble....

A teenager brings her new boyfriend home to meet her parents. They're appalled by his haircut, his tattoos, his piercings.

Later, the girl's mom says, "Dear, he doesn't seem to be a very nice boy."

"Oh, please, Mom!" says the daughter. "If he wasn't nice, would he be doing 500 hours of community service?"

www.readersdigest.ca/tag/jokes/



Andrea Michaels MP

MEMBER FOR ENFIELD

Special thank you to Andrea Michaels Member for Enfield and staff for printing the newsletter