



**U3A Inner North**  
**TERM 2**  
**NEWSLETTER NO. 3**  
**2023**



**MID YEAR  
SOCIAL EVENT**

**Thursday**  
**20 July**  
**10.00am**

**Enfield Community Centre**

**Good Company**  
**Delicious Morning Tea**

**RSVP**

**admin@u3ainnernorth.org.au**  
**by Thursday 13 July**



**u3ainnernorth.org.au**

# PRESIDENT'S REPORT

Term 2 has gone well at our U3A. There have been a few changes of rooms and a few changes in the management team. Members have told me that everyone seems to be speaking less clearly these days so we have been improving our voice augmentation systems. This will improve the quality of our presentations and lessons (if that is even possible, as the quality is so high already!!)



As well as learning and having fun, U3A is all about participation. We now have almost 40 volunteer tutors and 18 volunteers on the Management Team and this spreads out the duties. We welcome new people because new people bring in new ideas.

Soon I will have been President for three years, so at the AGM in October, I would be very happy to give someone else the opportunity to hold the reins. If you would like to consider standing for the role of President in October please make contact so I can provide you with some inside information!

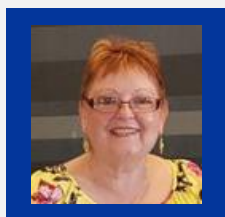
We will also be looking for a new Newsletter Editor. So please start thinking now about joining your Management Team!

Pauline Kemp  
President



**Volunteers don't get paid,  
not because they're worthless  
but because they're priceless.**

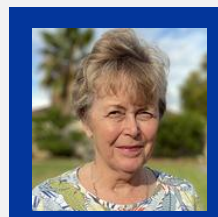
# PROGRAM CO ORDINATOR'S MESSAGE



Angy Henn  
Program Co ordinator



Sue McMillan  
Guest Speaker Series



Helen Johnston  
Out And About Activities

Planning for our 2024 program has already started and it looks like there'll be a few new interesting courses happening. Included in the program is the Guest Speaker Series managed by Sue McMillan and Out And About Activities managed by Helen Johnston.

Between us we're always looking for new things for the program. It goes without saying that a great U3A program comes from the contributions within our club – so please contact me if you would like to run a course or activity, or contact Sue or Helen for their respective sections.

Angy Henn for program in general – [program@u3ainnernorth.org.au](mailto:program@u3ainnernorth.org.au)

Sue McMillan for Guest Speaker Series – [guestspeaker@u3ainnernorth.org.au](mailto:guestspeaker@u3ainnernorth.org.au)

Helen Johnston for Out And About Activities – [outabout@u3ainnernorth.org.au](mailto:outabout@u3ainnernorth.org.au)

Angy Henn

Program Co ordinator

U3A Inner North

## PROGRAM 2024

Do you have a skill or interest that  
you would be willing to share?

- A one off talk, event or shared activity?
- A few sessions in length?
- A whole term, a couple of terms or a year?
- A one off, a weekly, fortnightly or monthly session?
- Run something with a friend?

**YOU DECIDE**



Contact Angy Henn [program@u3ainnernorth.org.au](mailto:program@u3ainnernorth.org.au)



**WE'RE HERE TO HELP YOU...**

## **ENROLMENT WORKSHOPS**

**Do you know how to join,  
renew, pay online, edit your  
details, enrol and withdraw  
from classes?**

Learn how to use our online database.  
Small group with personal attention.  
BYO laptop, pen & paper.

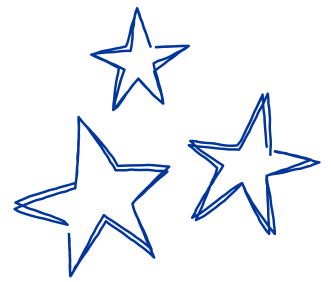
**10.00am Tuesday  
June 13th or  
October 24th**

Enrolments Now Open  
For more information or to register your interest  
email [admin@u3ainnernorth.org.au](mailto:admin@u3ainnernorth.org.au)



**Staying Active: physically, mentally and socially**

## SIT BACK, RELAX & LISTEN.....



### TERM 3 GUEST SPEAKERS

#### BRETAG FAMILY

(From Guntersberg to Monarto)

Tuesday 8 August 1.30 - 3.00pm

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 - 3.00pm

Gwilym Henry-Edwards will share some interesting 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.

#### NAVIGATING THE AGED CARE JOURNEY

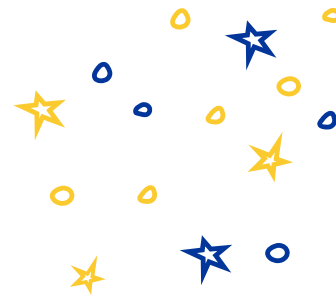
Tuesday 12 September 1.30 - 3.00pm

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.

# BETTER THAN A PODCAST!

## TERM 4 SNEAK PEEK



### SIGNIFICANT CITIES

Begins Thursday 19 October 1.30 - 3.00pm

This series of 5 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.

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

### CHINESE MYTHS AND LEGENDS

Begins Thursday 23 Nov 1.30 - 3.00pm

Series of talks on fantastic stories of gods, monsters, and heroes of ancient China.  
Chinese Creation Myths; Legendary Heroes of China's Pre-history;  
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.

### CHINESE SAYINGS

Tuesday 7 November 9.30 - 11.00am

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

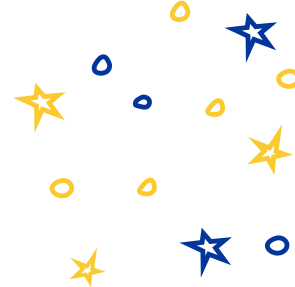
### CHINESE CHARACTERS

Tuesday 5 December 9.30 - 11.00am

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

# TRY SOMETHING NEW



## TERM 3 ACTIVITIES WITH VACANCIES

### TELL ME WHAT YOU THINK

Friday 1.30 - 3.00pm Monthly 2nd Friday

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 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 wild birds, drug decriminalisation and therapeutic goods.

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

### UKULELE JAM SESSIONS

Thursday 9.15 - 10.45am Monthly 4th Thursday



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 one, two, three or even four chords, you will get a lot from these sessions as the more you play the better you become.

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.

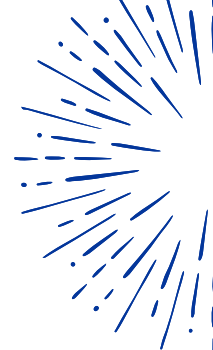
### HISTORY OF PAPER

Tuesday 27 July 1.30 - 3.00pm

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



## TERM 3 ACTIVITIES WITH VACANCIES CONT.

### ASK THE IT EXPERT

Tuesday 9.30 - 11.00am 17 October

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.

### CANASTA

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

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 along to ensure we have enough packs. Beginners and those who already know how to play are welcome.

Group Leader: Kristina Barnett

### MEN'S LUNCH DISCUSSION GROUP

Friday 1.00 - 3.00pm Monthly 3rd Friday various locations

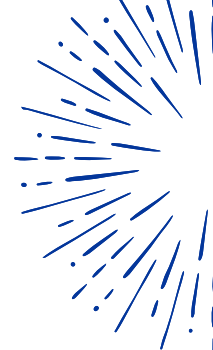
This is a men's only group. Max 15

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.



# SHAKE OFF THE WINTER BLUES



## TERM 3 ACTIVITIES WITH VACANCIES CONT...

### PHOTOGRAPHY

**Wednesday 9.30 - 11.00am Monthly 2nd Wednesday**

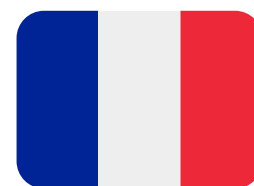
Sessions will include photoshoots and sharing of photos. Photoshoots will be at various venues such as the Botanic Gardens and based on a theme eg leading lines, textures and colours. This is not a technical course to learn how to operate your camera but rather a get together of like-minded enthusiasts. 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!

### CAFE CONVERSATION IN FRENCH

**Tuesday 10.00 - 11.30 am Weekly**



Meet each week at the Runhoûse Cafe 38 Charles St, Norwood . Small friendly supportive group. For Beginners French 2 and low Intermediate. Not for fluent speakers.

Facilitator: Margot Pedler has taught French in Primary schools, has attended a French immersion in Sancerre France, and has attended many French courses.

### TOUR OF REPATRIATION GENERAL HOSPITAL MUSEUM EXCURSION

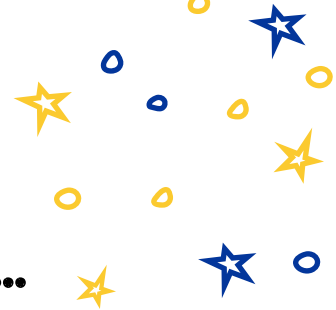
**Monday 24 July 12:00 - 1:00pm**

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 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. Free entry but donation appreciated.

Group Leader: Neil Rossiter

# "IT WAS THE BEST OF TIMES.."



## TERM 3 ACTIVITIES WITH VACANCIES CONT...

### LITERARY HISTORY SERIES

Thursday 1.30 -3.00pm

#### CHARLES DICKENS

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

10 August Dickens' Sons in Australia

17 August Bleak House, by far the best

24 August Unfinished Works

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

#### AGATHA CHRISTIE

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

##### 31 August The Life of Agatha Christie

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.

##### 7 September Her Books and Writing, Part A

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.

##### 14 September Her Books and Writing, Part B

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

Tutor: David Kilner



# "ELEMENTARY MY DEAR WATSON"



## TERM 3 ACTIVITIES WITH VACANCIES CONT...

### SIR ARTHUR CONAN DOYLE

21 September 1.30 - 3.00pm

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

28 September 1.30 - 3.00pm

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.



# IN THE COMMUNITY



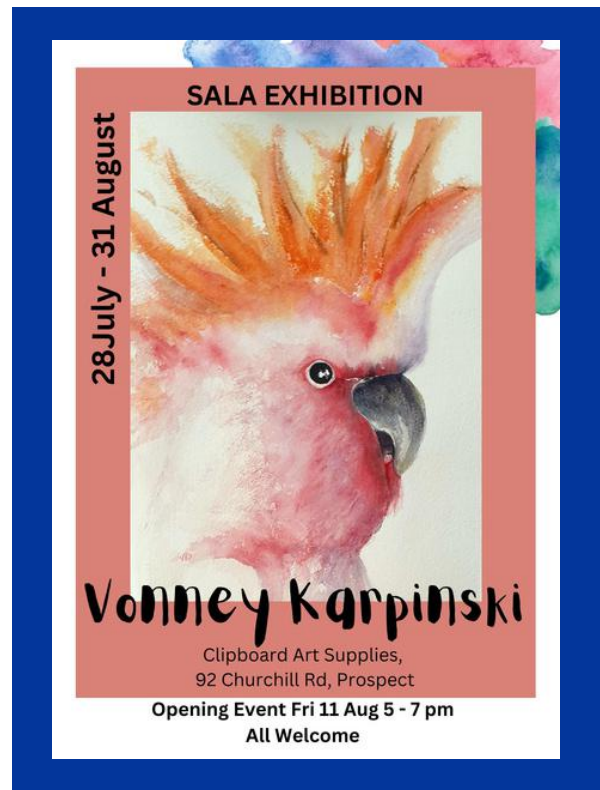
U3A Art tutor, Anneke Hoffman has been busy making mosaics for the stobie poles in Davies Terrace, Nailsworth, as part of a Prospect Council Art project.

The poles were created to help beautify the water garden along the verge.

Along with the mosaic group, Anneke is working in collaboration with the Prospect Community Garden to make 25 stepping stones.



U3A Watercolour Tutor, Vonney is holding a solo exhibition of 25 works at Clipboard Art Supplies, Churchill Rd, Prospect. Opening night is on Fri 11 Aug 5 - 7pm. Everyone is welcome to attend.



## BE A BLOOD DONOR

Port Adelaide Red Cross is looking for donors. It is never too late. Donors have to be in good health of course, and under 75 and over 50Kg (that bit is not too difficult). Donors can be individuals or go along as a small group of friends for moral support. Contact <https://www.lifeblood.com.au/>



# COULD YOU?



## COULD YOU TEACH POWERPOINT?

We encourage our members to participate by giving presentations but many are deterred by their unfamiliarity with things technical. If you think you know enough about Power Point to teach it to others in a small workshop situation please let us know!

## COULD YOU GIVE A PRESENTATION IN 2024?

There is a huge amount of knowledge and information in our midst at our U3A. We are always looking for members to share their passions and their stories. This could be a series or just one presentation, and could be included in several of our courses, such as Armchair Travel, History on Thursday or Tuesday Topics. It doesn't need to include a powerpoint!

## COULD YOU BE OUR EQUIPMENT OFFICER?

We are looking for someone to help with such things as maintaining and recharging PA systems, updating computers and advising us about suitable technical equipment.

# SAFETY AND ETIQUETTE

If you are leaving the building after an afternoon session, please ensure that the tutor isn't left to pack up alone. Sometimes there is no-one else in the building which can be a safety issue.

If you are unable to attend your class we would prefer you to communicate directly with your tutor if possible rather than admin.

# HAVING A CUPPA?



just a reminder that tea and coffee and biscuits are always available to U3A members.

The tubs are kept in the top cupboard to the right of the back sink.

Feel free to help yourself, but please bring your own cup.

We have no fairies (except Jude who keeps the tubs filled) so please pack up after using the tub.

# U3A SA STATEWIDE ONLINE

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



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

## INTRODUCING chatGPT AND AI

This is the third run for a successful series. The two sessions provide skills to navigate the program and are a good preparation for joining Exploring AI Begins June 7, 2023 10.00am



## DISCUSSION INSIGHT

A popular online course from Adelaide U3A is coming to Statewide.

This group explores a wide range of issues relating to contemporary Australian life. Before each meeting, participants watch a nominated episode of SBS Insight. It is then discussed in a Zoom meeting. The range of ideas and experiences lead to very interesting conversations.

Meetings are held via Zoom at 9.00am on the first and third Monday of every month.

## EXPLORING AI

This course is a discussion-exploration of Artificial Intelligence, trying out the various systems available, finding out what can and cannot be done with AI. It is a response to the lively discussion and exploration in the initial chatGPT sessions.

Begins June 20, 2023 10.00am



## HAVE A QUESTION.. ANY QUESTION?

If you have a question about anything U3A Inner North eg. the program, excursions, how to contact your tutor, how to enrol in courses, what time a class starts, please first have a look on our website for the answers [www.u3ainnernorth.org.au](http://www.u3ainnernorth.org.au)

# MANAGEMENT TEAM UPDATE



Janet Bradshaw has joined the Committee to fill a casual vacancy.  
Welcome Janet!

Many thanks to those who responded to our requests for administrative help.  
Some changes have subsequently been made to management roles.

## New or Changed Roles

Janet Bradshaw - Membership Officer  
Trish Benson - Database Manager  
Dale Wache - Webmaster  
Louise Kennedy - Administration Manager  
Sandra Lindemann and CJ Hannaford - Proofreaders.

# NEWSLETTER EDITOR VACANCY

The position of Newsletter Editor will become vacant as of the AGM on 12 Oct 2023. It is an interesting and rewarding role, keeping everyone up to date as to the happenings at U3A. Articles are contributed by tutors and the management team. I use Canva as a template, which is a free online software, easy to learn and use. I am happy to give the new editor mentoring lessons on how to use Canva. Alternatively, newsletters can also be made in Word, Publisher or similar software. If you wish to have a chat, or indicate your willingness to take on the role, please email [admin@u3ainnernorth.org.au](mailto:admin@u3ainnernorth.org.au)

Jenny Rossiter



**2023 Term  
Dates**

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**

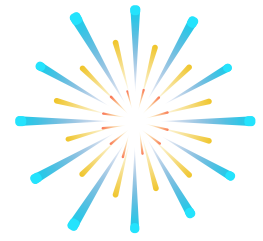
Thurs 20 July - Mid Year Social

Thurs 12 Oct - AGM

Thurs 14 Dec - End of Year Celebrations



**Staying Active: physically, mentally and socially**



## WORD PUZZLES

Anagrams.....rearrange the letters to solve the puzzle.

- 1.Red Golfing .....(James Bond Movie)
- 2.Open Change .....(European City)
- 3.Noon Leap.....(European General)
- 4.Neat Grain.....(South American Country)
- 5.Loaded Inn .....(Flower)

## TREASURE HUNT

1. Start by finding a word which means "mystery", and is also the name for a special piece of equipment used in World War II to break codes. What is it? (one word 6 letters)
2. Take that word, remove one letter and then anagram to find something you would see in a mirror. (one word 5 letters)
3. Take that word, remove one letter and then anagram if you want to play against two, three or four players in any type of entertainment using a board. (one word 4 letters)
4. Take that word, remove one letter to find the treasure!



### Answers:

#### Word Puzzles

1. Goldfinger; 2. Copenhagen; Napoleon; 4. Argentina; 5. Dandelion

#### Treasure Hunt

1. Enigma; 2. image; 3. game; 4. gem



**Andrea  
Michaels MP**  
**MEMBER FOR ENFIELD**

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