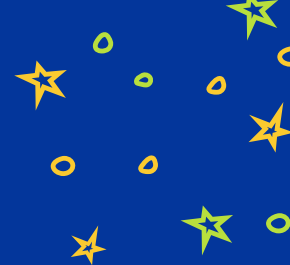




U3A Inner North TERM 3 NEWSLETTER NO. 4 2023



FOUR REASONS TO ATTEND THE

A.G.M

10.00am

Thurs 12th October

LEARN HOW YOUR ORGANISATION GREW IN 2022 - 2023

We began in 2018 with 40
members and a one day program.
Where are we in 2023?
How many members?
How many volunteers?



WHERE IS YOUR ORGANISATION HEADING IN THE FUTURE?

We are continuing to grow steadily.
Where will we be in 3 or 5 years time?
What changes will there be?



MEET YOUR NEW COMMITTEE

It's always good to know (and
thank) the people who are
working hard to make sure your
organisation runs smoothly and
offers such a brilliant program...

STAY FOR A CUPPA AND A CHAT

We all love a cuppa, biscuits
and a chat.



u3ainnernorth.org.au

All positions
declared vacant.
Current committee
members are
eligible
for re-election.

If you are interested in being
on the committee, email

admin@u3ainnernorth.org.au

by Tuesday 3rd October .

PRESIDENT'S REPORT



It's hard to believe, isn't it, that it's spring again, and then lo and behold our next U3A year will begin!

Program preparation is well under way for 2024 and it's looking good.

We have continued to get membership enquiries throughout the year and we now have 297 members. Many members attended our Social Event in July and enjoyed themselves.

There have been a couple of hiccoughs this term, first when our beloved Venue Manager Jude had a fall, and second when Pickleball had to be cancelled due to a structural problem in the Stadium. Thankfully both Jude and the Stadium are healing well.

Our Pickleball group featured in an article written for the National U3A newsletter by Jenny Rossiter, accompanied by a photo of several happy players. The article is reproduced later in this newsletter.

Did you know there are 250 U3A 's throughout Australia?

On October 12th we will hold our AGM. At this meeting your 2024 committee will be selected so this is an important event and we encourage members to attend. If you wish to consider joining the management team please can you advise me before the meeting.

Pauline Kemp



MEMBERSHIP & COURSE ENROLMENT 2024

After careful consideration, the committee has agreed that the annual membership fee for 2024 will be fifty dollars.

Please be aware membership and enrolment in courses does not automatically carry forward. There are three stages to complete: renew membership; pay membership and enrol in courses..

Online membership renewal and payment is possible after December 9th 2023

Online course enrolments open on January 1st 2024.

In-person enrolment day at ECC will be held on January 8th 2024.

PROGRAM 2024

EXPRESSIONS OF INTEREST

Are you interested in any of the following activities? We understand you may say "depends on which day" but if you let us know your interest in general then we can work from there.

- Chinese for (New) Beginners
- E-Bikers and Cycling Group
- Pickleball Beginners (Fridays)

Please register your interest (no commitment) by emailing program@u3ainnernorth.org.au

A poster for U3A Inner North's 2024 program. The background is a gradient of light blue and yellow. It features several yellow stars of different sizes. The text is centered and reads: "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", the U3A Inner North logo, and "Contact Angy Henn program@u3ainnernorth.org.au".

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

 U3A INNER NORTH

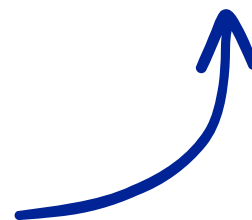
Contact Angy Henn program@u3ainnernorth.org.au

The 2024 program is currently being put together so now is the time to contact admin to register your interest.

U3A NATIONAL BULLETIN



Register your
interest
"Pickleball for
Beginners" on
Fridays 2024
Email
admin@u3ainner
north.org.au



U3A Inner North featured in the recent National Bulletin.....

"If you are in a pickle, stay out of the kitchen." So says U3A Inner North's Jenny Rossiter who reports that Inner North is in a pickle of a pleasant sort as it embraces one of the fastest growing sports in Australia (and the world): pickleball.

Pickleball is a low impact sport, easy to learn and play, bringing together elements of tennis, badminton, and table tennis to create a sport that's fun for all ages and skill levels, hence its popularity at U3A. It is played on a badminton sized court, with players using a bat (called a paddle) and a small, perforated plastic ball. It is usually played in doubles.

Margaret: I joined pickleball because it was something new, as well as being a social activity. It certainly makes you work up a sweat and we have lots of laughs.

So why stay out of the kitchen? The kitchen is a non volley area close to the net. You are only allowed to hit the ball in the kitchen if it has bounced first. Like any sport, pickleball has its own terminology e.g. kitchen, dinking, falafel, dill ball, flapjack. You don't need to speak the language to start play. The actual pickleball rules are very simple and easy to learn.

Iwona: I like playing as it is very social and casual. It doesn't matter if I miss the ball.

The rapid growth of pickleball in Australia resulted in the establishment of the Pickleball Australia Association in 2020. There are now more than 5000 members and 15,000 players spread across our 7 state and territory associations with more than 100 affiliate clubs, community groups and businesses.

Paul: Since retiring from playing squash many years ago, pickleball now allows me back on a court again. It gives my wife and myself an opportunity for assisting with maintaining our fitness and we look forward to our weekly dose of pickleball.

Quite a few U3As around Australia have already introduced pickleball into their program.

Cathy: Never having played a competitive racquet sport my whole life, at 64 years of age I discovered pickleball. It has given me, for the first time, the confidence to play a competitive sport! Thanks to Jenny's coaching and dedication I'm part of a great team. More than 36.5 million people played pickleball from August 2021 to August 2022, according to a new report by the Association of Pickleball Professionals. Pickleball around the world is exploding. It may soon become an Olympic sport. A professional pickleball tournament has recently been established in Australia and this year pickleball is being played for the first time at the Australian Masters Games here in Adelaide in October 2023.

The full Bulletin can be found on the U3A Australia Alliance Website <https://u3aaa.org/>

WHAT'S BEEN HAPPENING?

VISIT TO FRIDA KAHLO EXHIBITION

The Art Interest group try to organise an art gallery visit every term. While the experience offers us an opportunity to have a look at and be inspired by other local practicing artists, it also helps to extend our existing knowledge about artists whose work is of historical significance. In August we made our way to the Frida Kahlo Exhibition which was presented at the Art Gallery of South Australia.

The group all made an effort to learn something about the artists before the day in preparation for what was on view. I personally found the exhibition very informative and interesting because it gave us a very good insight to the personal lives of the two artists and how the political and social connections influenced the work they created. The following week there was a good discussion



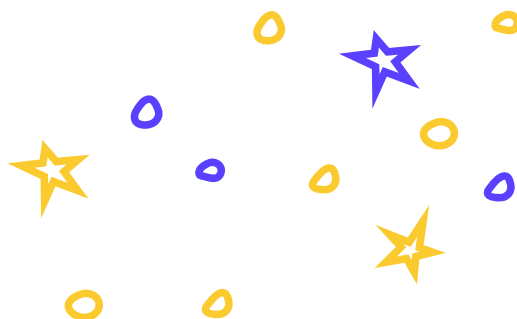
NEW NEWSLETTER EDITORS

Yes we have two!! Thankyou to Mary Abbott and Cathy Birchmore for taking on the role of newsletter editors. Thankyou to Carol Hannaford for offering to be proofreader. We look forward to their first newsletter in Term 4.

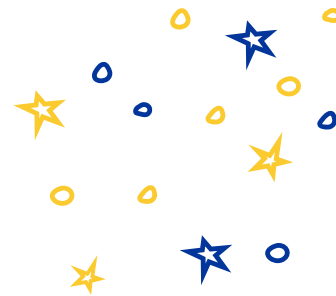
COURSE POSTPONEMENT

SIGNIFICANT CITIES

Andrew Crowther's five talks have been postponed until 2024, due to ill health.



RELAX, LISTEN & LEARN



TERM 4 ACTIVITIES WITH VACANCIES

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.

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



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 has a Bachelor of Arts in Chinese language and Asian Studies and has travelled to China many times.

THE MURIEL MATTERS SOCIETY Inc

Tuesday 14 November 1.30 - 3.00pm

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.

SHAKE OFF THE WINTER BLUES

TERM 4 ACTIVITIES WITH VACANCIES

CLIPPER SHIP "CITY OF ADELAIDE" EXCURSION

Thursday 13 November 12 noon



Most of us are here because family members we don't and can't know migrated to South Australia, many by ship. Why not hear what migration meant in the past? Sign up for the second tour of the Clipper Ship 'City of Adelaide' on Monday, November 13th at midday.

The rebuilding of the 'City of Adelaide' gives us all a chance to board the only remaining clipper ship, and one that sailed here regularly in the 19th Century. Clipper Ships were the fastest, most expensive, means of travel available then. Just learning about the ship and the rebuild is fascinating.

Seeing inside this ship really makes you think about those travellers, their hopes, their courage and their experience of migration. It will prompt questions. Why leave home? What were their plans? How long was their voyage? How much luggage could they bring? What did they wear? Where did they sleep/wash/eat? No refrigeration, so what did they eat? How did they care for children/babies? Could they go on deck? How did they deal with illness? And afterwards? Perhaps a shared lunch nearby?



**2023 Term
Dates**

Term 4: Mon 16 Oct - Fri 8 Dec

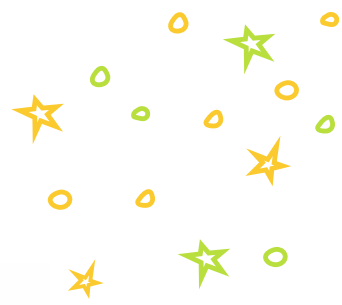
Terms 1 - 3: 10 weeks; Term 4: 8 weeks



**Diary Dates
2023**

Thurs 12 Oct - AGM

Thurs 14 Dec - End of Year Celebrations



Animal Anagrams

Can you rearrange these words to make 24 animal names?

1 - paroled

13 - raptor

2 - nicest

14 - toga

3 - shear

15 - sneak

4 - straying

16 - pea

5 - corona

17 - sandier

6 - bolster

18 - tutor

7 - aunt

19 - slain

8 - prides

20 - balm

9 - star

21 - throne

10 - looped

22 - carob

11 - doing

23 - swap

12 - seashore

24 - garbed

Answers

1. Leopard
2. Insect
3. Hares
4. Stingray
5. Raccoon
6. Lobster
7. Tuna
8. Spider
9. Rats
10. Poodle
11. Dingo
12. Seahorse
13. Parrot
14. Goat
15. Snake
16. Ape
17. Sardine
18. Trout
19. Snail
20. Lamb
21. Hornet
22. Cobra
23. Wasp
24. Badger



**Andrea
Michaels MP**
MEMBER FOR ENFIELD

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