

U3A Inner North acknowledges the traditions and culture of the Kurna People, the First Peoples of the Adelaide plains . We respect and acknowledge their Elders, past, present, and emerging.

President's Report



Hi All ,

Wow...end of term already! Our U3A Inner North Newsletters seem to come around very quickly, maybe it's me getting older, or simply there has been a lot going on which seems to make time fly faster. As mentioned in my recent Omail, members have been able to participate in a wide range of activities as we settled back into the Enfield Community Centre following the structural work that was completed at the end of first term.

This edition of the Newsletter is jammed packed full of commentaries from Tutors and Group Leaders showing how members have been enjoying themselves by participating in art, craft, educational lectures, lunches, recreational and physical activities.

Once again, the midyear social is nearly upon us. Thank you to all those members who have RSVP and I look forward to catching up with you all on the Thursday morning.

We're also starting to think about the 2025 Program. Tutors will soon be asked if they wish to continue with their courses in 2025 and/or if they propose any additional courses. As a member you may have some thoughts that can be passed on to tutors and group leaders to enhance their current courses. Additionally, you may consider volunteering to present a course, talk or activity. I'm sure many of you have a special experience or skill that you can share. Alternatively, you might have some ideas for a new course or activity or suggestions for the Guest Speaker or Out and About Program. Of course, it would be helpful if you can provide leads. It's also important that the program is relevant to the needs of members. Please forward any thoughts you may have to

Angy Henn (Program Manager)
program@u3ainnernorth.org.au

or to me .Enjoy the break and I hope you are eagerly looking forward to term 3.



Follow us on Facebook: <https://www.facebook.com/U3A-Inner-North-SA>

U3A Inner North is a member of **U3A SA**.

Wayne Turner

Reminder :U3A Inner North Mid Year Social Event.

Thursday 18th July 2024 at 10:00am

Enfield Community Centre

*This is a wonderful chance to socialise and have a chat
with other U3A Inner North members,
as well as enjoy a delicious morning tea.*

Please wear your name tags, and remember to bring a cup.

U3A THEATRE SESSIONS

So far, we have attended six shows this year. On enrolment you are sent a list of shows that we will be attending this year. It's up to you how many and which ones you choose. Some members have been to all, some have been one. It's nice to chat to members before the show and swap thoughts afterwards.

Our next two shows are musicals, "The Music Man" (27th July) and

"Jersey Boys" (10th Aug), followed by "King Lear" (Aug Date tbc)

Basically, you buy your own ticket, send us an email to say you are coming so we know to look out for you. On the day we meet up in the theatre foyer before the show, chat at interval and meet for coffee afterwards, if you feel like it. All shows are amateur productions, to keep the costs down. Tickets are usually between \$25 and \$40.00. Most shows are Saturday matinees.

Looking forward to seeing you at the theatre! Jenny and Neil Rossiter



Members having a drink and a chat after a show.

“Ask the IT Expert” Computer Group.

Do you need some help with cyber security, password protection, zip files, phishing or just how to backup your computer files? If so, come along to one of our **“Ask the IT Expert” sessions.**

I can help you take control of your computer and understand and overcome the many frustrations caused by modern technology and terminology used in our modern computer world.

We are a small group who have open discussions on various topics and help each other during the individual sessions held during each term. We use the big TV screen to demonstrate and explain answers to the many questions asked by the members of the group. Come along to one or all of the sessions and you will always learn something new and interesting.

Registered members will get an email a week before the planned session asking for any specific topics or questions you might like to cover. If you would like to come along register on the U3A Inner North website. The next two sessions will be from 9.30am to 11.30am on 23rd July and 30th July.

Arno Attema U3A Inner North Information Technology Tutor



“How to stay smart on line”

Details covering scams / hacks etc and the ways to protect yourself when on line.

<https://www.staysmartonline.gov.au/protect-yourself/recover-when-things-go-wrong/threat-based-impersonation-scams>

Release your Inner Thespian.

The year commenced with the group reading ‘The Importance of Being Earnest’ by Oscar Wilde. Everyone got into the spirit of the period and the characters, helped a little by tea and cucumber sandwiches during the interval. The highlight of Act 1 being David Wilson as Lady Bracknell and the obligatory:

‘a handbag’!

The second offering, which is ongoing, is an Australian 19th century melodrama ‘The Duchess of Coolgardie’ performed with much hilarity by the participants, all of whom immersed themselves in the many characters - shout out to Rick for his marvellous range of accents.

Stay tuned for our offerings in the latter part of the year. **Fiona Wald**

JAPANESE FOR BEGINNERS

As a newly semi-retired person at the beginning of the year, I expressed interest in quite a few courses including "Japanese for Beginners". Over the 2 terms of classes, we have managed to learn the 45 basic symbols of Hiragana - which is part of the Japanese writing system that uses phonetic lettering. We have learnt these symbols using verbal sounds, mnemonics and their calligraphy. Besides the Hiragana alphabet, we have also learnt quite a few



common conversations, but more importantly some Japanese etiquette and traditions. Our classes have been both educational and enjoyable. During this time, two of our class mates travelled to Japan and found our lessons very helpful.

We celebrated the end of our course at a Japanese restaurant. Cathy Sensei presented us all with certificates of congratulations.



Amanda Auld

It's On The Tip Of My Tongue.

On the last Friday afternoon of June, we hosted another engaging session of "It's On The Tip Of My Tongue." David Wilson presented a unique quiz, using an AI program to generate questions. He solicited categories from the 30 attendees, who braved the cold and wintry day to participate. The AI-driven quiz covered a variety of topics and sparked lively discussions. However, one attendee noted, "It was good, but a bit of a mess as the AI was not fact-checked," highlighting room for improvement in future sessions.

The second half of the event shifted to identifying music from the 60s, which proved immensely popular. The nostalgic tunes brought smiles and animated conversations, as many fondly recalled their favourite hits from the era. The session was a blend of modern technology and classic melodies, making for a memorable and enjoyable afternoon for everyone involved.

(This newsletter item was generated from ChatGPT).

Tap Dancing -Thursdays 11.30 – 12.30.

The Ladies that are doing tap dancing are thoroughly enjoying the exercise and have just finished learning a routine. We are a small group, and it would be great if we could get more people interested in joining. I am teaching the ladies a variety of tap steps and they are coping very well with the different challenges, and it helps with their co-ordination and concentration.



Jenny, Helen, Kath (tutor), Evelyn

Kath Sampson

Science Fiction Book Club

We are reading several 'classics' of science fiction this year. We started with Jules Verne's *Journey to the Centre of the Earth*, went on to H.G. Wells' *The Time Machine* then Aldous Huxley's *Brave New World*, a story of how technology goes mad in an attempt to create happiness. In June we read *Earth Abides*, a brilliant portrayal about the reconstruction of society following a pandemic. We'll continue with Asimov's *I, Robot*, about the relationship between humans and very smart robots. Later we'll visit John Wyndham's *Kraken Awakes*, which tells us what life will be like as the ice caps melt and flood our cities. Followed by *Do Androids Dream of Electric Sheep* – more apocalypse and the book that gave us *Blade Runner*. These novels all have relevance to today's world, as we meet threatening new challenges. **David Kilner**



At Last – some good news about the environment!

At the end of Term 1 the U3A Inner North birds group combined with the TTG U3A bird group to visit Frahns Farm at Monarto, which is run by an organisation called Bio-R. The volunteer directors are ecologists and include Dr David Paton AM and his daughter Dr Fiona Paton. Bio-R also runs the Cygnet Park project on Kangaroo Island. There were 22 in our combined U3A group and David Paton led the tour.

Bio-R has been given permission to develop this 550 hectare piece of crown land which had been set aside by the government in the 1960's for the aborted Monarto development. The area had previously been cleared for farming and much of the habitat for local birds and other wildlife had been destroyed. The idea is to replace vegetation and restore the landscape in order to create a suitably biodiverse environment to re-establish the birds and other forms of life in the area. All the latest scientific knowledge about water conservation, weed control and removal of pesticide chemicals in the soil is being applied here.



Plantings started in 2019 and we were impressed to hear that 800 to 1,000 volunteers come to help when they have planting days. We were also very impressed by what has been achieved so far. 250 hectares of habitat has already been reconstructed and it's looking good. Obviously this is a very long term project, and also a time-consuming and expensive one. Bio-R are always looking for volunteers and also for donations! And while we were in the area we had a spectacular sighting of a pair of red-capped robins. What a great day! **Pauline Kemp**

NEED INDOOR EXERCISE ON A COLD WINTERS DAY?

TRY PICKLEBALL!

Easy game to learn, played with a wooden paddle and plastic ball.

Played in doubles on a badminton size court at ECC.

Very social and encouraging group. Gentle on your body.

Coaching available.

Guaranteed to warm you up for winter.

Beginners Pickleball Mondays 10.30 – 11.30 am.

Come and have a try. All equipment provided.

Jenny Rossiter



Your management committee has received a couple of resignations from its ranks as well as a new appointment over the past few months. We thank [Louise Kennedy](#) and [Jude Hennig](#) for their wonderful and tireless work as Committee members, volunteering over many years. Whilst

each has retired from the Committee, they are both continuing their involvement in classes and activities that they each enjoy. Jude is also continuing her work as U3A Inner North's Venue Manager. Again, thank you to Louise and Jude. The Committee also welcomes Trish Benson as a recent Committee member, taking on the roles of Admin Secretary and Data Base Manager. [Welcome Trish!](#)



Table Tennis

Despite the cold weather and some members escaping it for warmer climes, plus the inevitable sickness that occurs about this time, our hardy Wednesday table tennis players have enjoyed

another term of fun, frivolity and fitness.

The 'oh nos, aahhs and aws

and Does anyone know the score?' make for an entertaining morning. The obligatory coffee break allows time for stimulating conversations and lots of travel tips. Always

happy to welcome new players. *Fiona Wald*



Photography



In April the group met at the footbridge adjacent to Adelaide Oval. We set ourselves the challenge of taking 10 photos within 10 steps, to encourage us to look at different photo opportunities, angles etc. With the bridge, the river, city buildings, the oval, passing boats, people and vehicles there was no shortage of interesting material.

As May was the History Festival we did the City Council's military history walk which took

in various statues and monuments around the Parklands, Torrens Parade Ground and Kintore Ave in the City.

In June we visited Hindmarsh and discovered the many fascinating buildings there, including an abundance of churches, civic buildings, old shops and more.

We would love to have more people in our group so if you are interested please join up! Janet Hawkes



Photographs by Neil Grosvenor

The two sessions of “**The Colony that Nearly Never Was**” were very well attended, much to my surprise, as I had foolishly imagined that all South Australians had learnt of the state’s beginnings at school! Those who attended were, I think, very interested and did not seem bothered by the lack of an illustrated presentation. (I have not yet caught up with modern technology!). I didn’t think pictures of 19th century old men were very enlightening anyway!. They certainly had a few questions afterwards. I very much enjoyed the experience of tutoring for U3A Inner North.

Jean (Jenny) Booth

Tell Me What You Think

At U3AIN we have a current affairs discussion group held on the second Friday afternoon of each month. The discussions are stimulating and informative, and you get adequate opportunity to express your views in a non-confrontational, respectful environment. Our discussion topics are eclectic, and the choice is largely democratic, and we are always open to suggestions. Usually, the topics have been in the news recently - and are often contentious! If your suggestion is accepted, you may choose to “lead” the discussion and provide reading resources, so that they can be distributed to everyone.

So far this year, topics have included: “Australia Day Holiday - should we even have one?” “Should duck hunting be banned in South Australia?”, “The role of nuclear in Australia’s energy future,” “Gender based violence - what are the factors” and “Should ABC journalists be able to express their personal views?”. We currently have room for a few more participants - and we encourage you to join. **David Wilson**



“Ch-ch-ch-ch, Ch-ch-ch-ch, Woo – woo!! - All Aboard!!!”

Eleven intrepid railway buffs ventured to Port Adelaide for an informative, nostalgic and extremely enjoyable visit to the National Railway Museum in early June.

The museum guide provided comprehensive information on the growth and demise of both passenger and freight haulage across the state.

We explored signalling, ticketing, different line gauges as well as engine and rolling stock types and history. We even had a train ride around the extensive and outstanding museum.

It is a “must visit” gem in our state. Sue McMillan



Yummy Lamb’s Fry Lunch

It was a risk suggesting a Lamb’s Fry lunch but those who have attended the lunches have given it the thumbs up (and we don’t care about those who give it the thumbs down!)



Our first lunch on 21 February was at the The OG Hotel where we had crumbed lamb’s fry, mash and bacon at a Seniors Menu bargain price of \$14.50. Lunch on 21 April was at the North East, Gilles Plains, also good. Then we did a road trip to The Bridgewater Inn in June, such a lovely place and great

service. Our Lambs Fry and Bacon lunch was served with all the trimmings and at \$20, it was worth it. The August Yummy Lamb’s Fry lunch will be at The Settlers Bistro (I’ve already had a trial meal there, and it’s yummy!)

*If you regretted not joining this group,
it’s not too late to enrol. Angy Henn*



Happy Feet Circle Dancing



**Beethoven's
"Ode to Joy"
200 years**

What a wonderful term it's been with so much to celebrate through dance: Beethoven's "Ode to Joy" 200 years; Mother's Day; Winter Solstice; and our Cynthia turning 90, oldest Circle Dancer in Adelaide! All our dances are carefully taught on the day allowing new people to join our dance circle anytime & others to take a break, always to return to the circle of friends & fun.

We average 24 participants each week from a larger pool of enrolments. Our male dancers encourage more "fellas" to visit us & experience the support of the group as we dance along to tunes from around the world.



We love our Circle Dancing



Relax & Smile, it's Circle Dancing Time

Tutor/dance leaders: Lyn Porter & Heather Purcell

The series **"I've Been Asked to Join a Committee/Board"** commenced on Tuesday 14 May and was completed on Tuesday 18 June. Whilst only a small group of members attended, there were many questions raised resulting in intense discussion. The shared information enabled attendees to be better informed regarding these highly important issues for any association or committee. The topics are important to any commercial, community based, or charitable organisations.

I look forward to presenting them again in 2025 Tutor: **Wayne Turner**



**Andrea
Michaels MP**
MEMBER FOR ENFIELD

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

A special thank you to all the tutors and members who have contributed to our Term 2 2024 Newsletter.

Cathy Birchmore Editor
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