

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



## Vice President's Report

You know it's Springtime when the Royal Show has been held, the blossoms are out and the football season is coming to an end..... although the jumpers aren't packed away yet.

It's pleasing to note that our U3A Inner North continues to grow.

As of 23 September 2024, we have 341 members in comparison to 301 members the same time last year. Of the 338 members, 257 renewed from 2023 and 84 were new members. That's fantastic as U3A Inner North (previously known as U3A Prospect) was only formed in 2018.

Behind the scenes, your committee has been working hard in moving forward with several activities. Members had the opportunity to complete a survey (this is currently being analysed), a tutor specific survey has been issued, our Constitution is being reviewed and in October, a strategic planning day will be held with member involvement.

U3A Inner North will always be a place to be involved in a wide variety of interests such as physical exercise, lunch and discussion groups, history, games etc, all of this is in an environment of fun. However, as an incorporated body we need to ensure that we function as legislated under the Associations Incorporation Act (1985) and have support systems and documents in place.....that work is being done behind the scenes by the Committee while concurrently you can enjoy and have fun to your heart's content with whatever you're enrolled in.

Enjoy reading this newsletter with all the fabulous news and summaries from the various classes, enjoy the third term break and I wish you an enjoyable fourth term of merriment. Oh, and some good news seeing our President, Wayne Turner back at ECC.

**Angy Henn**

U3A Inner North Vice President  
[program@u3ainnernorth.com.au](mailto:program@u3ainnernorth.com.au)

**Learning for Leisure is  
Learning for Pleasure**

## DIARY DATES

**Term 4** Mon 14th Oct – Fri 6th Dec

**AGM** Mon 18th Nov 2.15pm

**End of Year Christmas Celebration** Thu 12th Dec 10.am

### Fourth Term Reminders

Please enrol on-line via the member's portal if you're interested in any of the following classes occurring in the fourth term:

Tarot Card Reading for Beginners – 8 weeks, starts Tuesday 15 October at 9.30am

History of Nursing – 1 talk on Tuesday 22 October at 1.30pm

New dates for **Dynasties of China** – 5 talks, starts Thursday 31 October at 1.30pm

Recorded History (Shang, Zhou) 31 October    A Recognisable China? (Qin, Han) 07 November

Golden Years (Tang, Song) 14 November    A Chinese Khan (Yuan, Ming) 21 November

### FROM U3A INNER NORTH SOUTH AUSTRALIA WITH LOVETO U3A NEWRY- IRELAND

Extract from Article written for the U3A Newsletter- Newry Ireland

*Having moved to a new area, not having any friends and heading towards retirement Mags envisaged a "long lonely time". Initially she says she did very little, reflecting that:*

*"I probably wasn't in a good space"*

*Then she heard about U3A from her sister, Trish in Adelaide Australia who encouraged her to check it out. She was delighted to find there was a U3A in the area and was amazed at the number of classes available. Two of these appealed to her immediately - Golf and Life Story Writing.*

*After some procrastination, Mags arrived at the Pitch and Putt for her first class, feeling nervous and anxious. With a very welcoming facilitator she immediately felt so relaxed and at ease and by the end of the Golf session couldn't believe how much she learned. She says she went back in for coffee and craic, feeling like Tiger Woods or Darren Clarke - she went home on a high.*

*Mags says she has made connections with new and reconnections with old friends. She says she loves the buzz in the U3A and would highly recommend it.*

*The article highlighted the late Dr Michael Mosley saying -*

***"It is never too late to try new things and the longer you stick at them the more benefit you will accumulate over time"***



Mags had several health issues. She had also moved to a different part of the country and felt isolated.

It was amazing how my recommendation about joining U3A changed her life and allowed her to enter society again with confidence.

Very proud of her! x

**Trish McDaid** U3A member



### TABLE TENNIS

Our Wednesday morning table tennis sessions have been very well attended with up to 17 players present on several occasions, so that only 12 players can play at once, prompting discussions around the need for an extra table. U3aIN has 3 tables at the moment, one of which has had

running repairs done by the clever guys at the Men's Shed, THANK YOU! However everyone involved is generous and friendly, so all players attending gets a fair go.

The improvement in our happy group is noticeable, to the extent that we are now having rallies rather than our previous one shot then chase the ball across the hall. It is great for fitness and quickening reflexes but, most of all, there are lots of laughs and friendly banter. The sessions are wonderfully run by Fiona with able support from Kath, Theresa and Trish.



### STOP PRESS

**Thanks Rick for this article .**

**Just letting you all know that your committee has negotiated with ECC for one more table next term!**

### Suggestions from the Member's Survey - Looking for Tutors 2025

Thank you to the members who gave suggestions for classes or activities, what a great list! All **WE** have to do now is to find tutors to lead them.

Is there anyone out there in Inner North Land who would like to volunteer and lead any of these suggestions: *Gardening, Yoga, Dance, Exercise Class, Music Jam, Guitar Learning, Board Games, Bridge, Backgammon, Choir, Sewing/more craft, Wine Group, Stamp Collection, Fantasy Books, How to Write a Book and Movie Review.*

For those who suggested Smart Phones and Mobile Apps, please enrol in Arno Attema's class "Ask The IT Expert" – it's on again next year.

I'm also making a call out for **Out and About activities**, can you suggest an interesting place to visit and better still can you be the Group Leader for the outing (it's easy peasy). Also I'm sure, members must know someone or a speaker from an organisation that would be worthwhile to listen to under our Guest Speaker Program.

And finally, 3 activities we had this year will no longer be happening in 2025 unless we get Group Leaders - they are Strolling on Mondays, Saturday Matinee Theatre Sessions and Yummy Lamb's Fry Lunch.

Please contact Angy if you can come to the rescue, [program@u3ainnernorth.org.au](mailto:program@u3ainnernorth.org.au)





This term the Photography Group has been to the City and the Hills. In July we met at the East End of the city and enjoyed capturing the vibrant cosmopolitan atmosphere.

August was our big expedition to The Cedars at Hahndorf, which is Sir Hans Heysen's former home. We strolled around the picturesque garden and then had a guided tour of the house and the studio which are kept as they were when Sir Hans and his family were in residence. A fascinating place well worth a visit.

Our most recent outing was to Cleland Wildlife Park. We were not as lucky with the

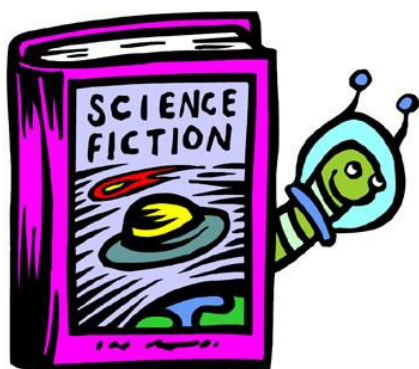
weather this time but we braved the occasional showers to photograph the numerous native animals and birds. There was plenty to see. *Janet Hawkes -Tutor*

*The first pic is from a recent trip to The Cedars at Hahndorf, the second pic from an earlier outing to the beach. We have a lot of fun on our outings, experimenting and sharing our photographic experiences.*

*Merry Wickes -Photography student*



### Science Fiction Book Club



This year the Science Fiction Book Club has revisited, or in some cases read for the first time, some of the classic titles in the genre. We've enjoyed lots of lively conversation and a diversity of views in this small but enthusiastic group. Next year we plan to widen our horizons and include more contemporary titles. So, if you are a reader of Science Fiction or simply a reader willing to try something different this group may be for you.

*Janet Bradshaw - Science Fiction Book Club Member*

**If you are wondering which room at U3AIN is holding your chosen activity then check out the new Daily Schedule and room allocation outside the office.**

**Thank you to ECC staff for this new initiative.**

**Remember to regularly check out our U3AIN noticeboard in the corridor leading to Room 1 .**





*I would like to acknowledge the wonderful work our U3AIN does - from the generosity of our tutors sharing their time-honoured skills to the committee, past and present, who ensure that the cogs are oiled and all runs smoothly.*

*I was reminded of the value and benefits that come from "belonging" to our U3A after reading the book "The Way We Are" by social psychologist Hugh Mackay. In essence we humans belong to a social species. We need communities of all sorts to nurture and sustain us and give us that sense of belonging. U3A offers us that sense of community and provides social connections via 'eye contact' which as Hugh Mackay states 'makes a crucial contribution to our mental and emotional health'. Its a place where we can relax. laugh. enjoy. learn. converse and at times let loose our inner child!*

**Teresa Diorio – Strolling with Iwona participant**



### **Water Colour Class.**



Everyone is enjoying learning how to master Water Colour painting. The class is currently running at full capacity which by reducing my numbers allows me to spend more individual quality time with each student.

We've been learning water to paint ratio and tonal studies on fruit and vegetables as well as how to loosen up painting styles.

**Vonney Karpinski -Tutor**



### **Murder Mystery Book Group**

The first Tuesday of the month is the regular Murder Mystery Book Group meeting. There is spirited discussion each meeting on the allocated book for the month. This starts with each member rating the book before ideas are shared about our thoughts on 'who dunnit', and scenarios leading up to individual conclusions! Led by Angy or a volunteer member, we're introduced to other work by the chosen author and then guided with our discussion on the book. Being introduced to a variety of different authors in this genre can be a challenge – but interesting and stimulating for us all. A genre that takes the reader to many parts of the globe – and cultures!

**Robyn Baker - Murder Mystery Book Group Member**





### Mahjong

The Mahjong classes remain as popular as ever so if you are interested in either a beginners or ongoing class next year, please remember to enrol early as they fill very fast.

Mahjong is a game that hones your concentration and memory, asks you to take risks and multitask, along with some strategic play, and sometimes quite a bit of luck!

However, just as important our classes are a very relaxed social activity where you can meet new people, have good conversation and lots of laughs.

*Janet Bradshaw - Mahjong player*

### Art Gallery Wanderers

Art Gallery Wanderers meet second Wednesday of the term months at 11:00am. This year we have seen an amazing diversity of work and been exposed to a range of artistic endeavours; sculptural work in steel, fine china creations, coloured sand mosaic work are some of the options.

We are meeting in November for our final wander to Pepper Street Art Gallery in Magill. Although our meeting date for October is outside term dates, I am arranging a wander for all U3A Inner North members on **Wednesday October 9th at 11:00am**. We will meet at the rear of Yolk cafe, North East Road Collinswood (access from Fuller Street) then wander along Fuller Street to Church St to St Andrews School hall. Walkerville Art Show curated by Walkerville Rotary Club is happening there. Feel free to encourage younger family members to join us too.

This group has encouraged us all to look towards the world with artful eyes.

*Carolyn Chinca -Group Leader*



### U3AIN contacts

**Office Hours:** Wednesdays from 9.30am to 10.30am during term time in the Hall. Cash only.

**Location:** Enfield Community Centre (ECC), 540 Regency Road, Enfield, South Australia

**Post Office Box** 2008, Prospect, South Australia, 5082

[admin@u3ainnernorth.org.au](mailto:admin@u3ainnernorth.org.au) – general enquiries

[membership@u3ainnernorth.org.au](mailto:membership@u3ainnernorth.org.au) – membership and enrolment enquiries

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

U3A Inner North is a member of [U3A SA](#).





Mandi (pink) & Pamela  
(hand on heart) inner  
circle for Dancing Queen

### HAPPY FEET - CIRCLE DANCING GROUP

*Curiosity brought me to Circle Dancing. My friend would rush off every Tuesday saying she did not want to miss her class. I decided to check it out for myself. Coming from a lifetime of dancing on & off, it wasn't long before I was hooked. I just love the fun, exercise and interaction with other dancers. I have been going for over 2 years and Lyn & Heather are great teachers. I love it so much and the exercise is great.*

*We have lots of theme days where the music corresponds with the time of the year and any special days that Australians celebrate. **Pamela Griffiths** (Class Member)*

### Special Occasion for Week 9

Olwyn was presented with her OBE Certificate & took home a huge bunch of flowers from Circle Dancers' gardens. Dance program of 10 dances included: As Time Goes By, The Rose, Guardian Angels.



OBE presentation – Olwyn holding her certificate.

Teacher Lyn on her right.



### Out and About - Adelaide Desalination Plant

18 members spent a fine Wednesday morning, with tour guide Jade, learning about and exploring the Adelaide Desalination Plant. Lonsdale is the state's largest desalination plant with a capacity of 100 gegalitres per year. It is Adelaide's only climate-independent source of drinking water and has been

delivering drinking water since 2011. We learned about the intake from the sea, the filtration and reverse osmosis processes and the management of the drinking water along with the environmentally safe return of the residue to the sea. 500ml of drinking water is gained per 1 litre of sea water intake. Drinking water produced is pumped along an 11 kilometre pipeline to storage tanks at the Happy Valley Water Treatment Plant, where it's blended with treated water from the reservoir.

The interconnection of a network of pipelines and pump stations gives SA Water the capability to supply drinking water produced at the Adelaide Desalination Plant across Adelaide, from Aldinga in the south, right up to Elizabeth in the north.

**Sue McMillan** Out and About Coordinator



### **2025 Program Update from Angy**

Do you want the good news or the bad news first..... I'll give you the good news first. Most tutors who ran an activity or a course this year are returning in 2025 (yeh). The bad news is, only 1 new tutor has volunteered for the 2025 program (currently, we have 35 tutors which is about 10% of our membership). We've been fortunate to date, because we haven't had a significant attrition rate but it will eventually happen, so we need more tutors.

Now I've often wondered if the term "tutor" is misleading or off putting but it is used universally across U3A's for someone running a course or activity so why not just think of a tutor as an organiser, facilitator, leader, guide, supervisor, presenter, coordinator etc. If you're passionate about or have a strong interest in a particular subject, hobby, skill etc that you would like to share, then please consider offering a class(es) in that special interest. We often say and promote that tutors are central to the success and basically the lifeblood of our U3A but if we don't have tutors the result will be a very lean program in the future.

On ending, how did I get involved as a tutor you ask - I like reading Murder Mystery Books so I lead a Murder Mystery Book Group; I like a bit of history so I've taken group walks to Port Adelaide, North Adelaide and North Road Cemetery and I like lambs fry so this year I had a Yummy Lambs Fry Lunch Group – it's as easy as that and all have given me immense pleasure. So why don't you give it a go! I'd love to hear from you and discuss being involved in the 2025 program.

**Angy Henn** - Program Coordinator [program@u3ainnernorth.org.au](mailto:program@u3ainnernorth.org.au)

### **Torrens Island and Quarantine Station**



A wonderful day was spent on Torrens Island thanks to the expert tutelage of Chris and Sandra Bunn who had lived on the island in Refshauge House whilst Chris was the Commonwealth Government veterinarian. We were fortunate enough to explore inside the house whilst it undergoes renovation. The extraordinary history of the island includes the processing and quarantining of humans and animals from the 1870s until

the 1980s. In October 1914 an internment centre on the island isolated German families until after WW1.

We came across an original well, a cemetery containing unmarked graves, and also climbed the sandhills to overlook the Osborne Naval Shipyard.

**Sue McMillan** Out and About Coordinator







### Mid Year Social Event

Thank you to Tap Dancing Duo Jenny and Helen for providing much appreciated entertainment at our Mid -Year Social gathering, and to their tutor Kath.

Thank you also to Jude and her well organized catering team for a lovely Morning Tea.



**Andrea  
Michaels MP**  
MEMBER FOR ENFIELD

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

Thank you to all contributors to our Term 3 2024 Newsletter

Cathy Birchmore - Editor  
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