

*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.*



## President's Report

Well first term done and dusted! That seemed to start and finish very quickly. I think too quickly! Hopefully all members have enjoyed the classes, activities and excursions which they participated in. Everyone can take a breather before we start term 2 with some different/new activities commencing as well as many continuing from term 1.

Please enjoy the contents of this newsletter which is providing highlights of some of U3A Inner North courses and activities during term 1. Show the newsletter to your friends – it may excite them to join the fun times that we have through our many activities. Personally, I get to laugh a lot through the several programs in which I am involved.

I also have some very exciting news. On Friday 4 April we received advice from the Australian Charities and Not-for-profit Commission (ACNC) that our application to be registered as a charity was successful. Early in term 2, I will send a separate email to members highlighting the benefits that charity status will provide to U3A Inner North.

Finally, there have been a number of questions asked and discussions occurred between members around who can attend U3A Inner North activities. Hopefully, everyone is aware that this is a membership based organisation. This means non-members, including children cannot attend U3A Inner North courses or functions.

Wayne Turner

[president@u3ainnernorth.org.au](mailto:president@u3ainnernorth.org.au)



## VAD SURVEY

Go Gentle Australia is a national charity to support end-of-life choice and voluntary assisted dying. Go Gentle has just launched their annual 2025 VAD survey. Their target audience is the general public; both people directly involved in VAD and those who may never have heard of it.

To take part use this link: <https://www.gogentleaustralia.org.au/vadsurvey>

## **Out and About on the Campbelltown Food Trail**

Eighteen members gathered at Campbelltown Council at 10 am on Tuesday 8<sup>th</sup> April to hop on a bus to visit some food providers. Our first stop was at Panini bakery where we could choose any cake in the cabinet to go with a cup of coffee or tea.

We then travelled to Continental Taralli Biscuits where we were given a history of the company and an explanation of how the biscuits are made. They only use wine, not water! The Viscone family are celebrating 50 years since Giovanni migrated from Italy and started the business. We sampled many different flavours, both savoury and sweet. Of course, there was a factory shop so that we could stock up!

On to Mercato, a modern version of the Italian deli with restaurant, where after a short talk about another Italian immigrant family who started this business over 50 years ago, we sat down for a delicious lunch.

Back on the bus, lots more animated conversation before being dropped off with our goodie bags back where we started! A fun day out.

***Mary Abbott - Leader***



## **Celebrating with End of Term Lunches**



**Art Appreciation**



**Table Tennis**

### **Out and About**

Over 30 participants attended an excursion to the Adelaide Planetarium on 7th Feb 2025.



The most difficult piece of 'rocket science' for the day was understanding the planetarium's parking meter but otherwise the event ran smoothly.

University of SA lecturer, Mary Adam, took us on a tour of the night sky within the comfort of the planetarium dome and its lay back seating. Mary, with plenty of passion for the topic, explained the planetary movements and star constellations. Followed by the screening of a film "Capturing the Cosmos," also projected under the dome. This film explored some cutting-edge astronomical discoveries, focusing on Australian scientists using advanced and quite mind-boggling technologies to map the far reaches of the universe. It also studied galaxy formation and tried to unravel the great mysteries of dark matter and black holes.

After the session some event attendees enjoyed a long lunch in the Mawson Lakes Hotel having a general chit chat about almost every subject under the sun, including the planetarium visit.

**Iwona - Out and About Coordinator**

### **Circle Dancing,**

Circle Dancing which is held on Tuesday mornings from 10-11.30, is one of the highlights of our week. Lyn and Heather put together interesting and enjoyable programs with the dances chosen often reflecting the change of season or a special event, such as International Women's Day and Saint Patrick's Day.

Lyn and Heather have recently attended a Circle Dancing workshop in Melbourne and have returned with some new dances for us. They have introduced the hosts to dances which are new to them.

Our group has grown and we always make sure new members feel welcome. It's a great way to get some exercise for the body as we do about 4000 steps in the course of the morning. The brain also gets a workout as, although the steps are mostly simple, a lack of concentration can mean you end up with two left feet for a moment or so.

**Jill Jolly - Group Member**





## Out and About - Haigh's Chocolate Factory Tour

Eighteen members spent time at the Haigh's factory to learn about the history of this

family run business. Into its 5th generation, Haigh's continues to produce high quality, and delicious chocolates. The recipes are top secret with some input from the Lindt.



### Question

How much chocolate can you eat if you work at the Haigh's Factory?

Answer: As much as you like!!



## Walking on Mondays

What an excellent way to start each week! There's the thrill of arriving at this week's meeting place and there they all are, less surprised and more welcoming each time you make it. We're a friendly mix of U3AIN members, new and practised walkers dressed for our weekly adventure, this time exploring the Torrens Linear Trail just east of OG Rd. The sun was shining, the end-of-summer river still, the path shaded by mature river gums, and then, briefly - the scratchy ding of riders obviously late for work and possibly less than pleased to see us. No matter, we continued happily walking, talking, watching for wildlife and following our capable leader Maureen. Like to join us?

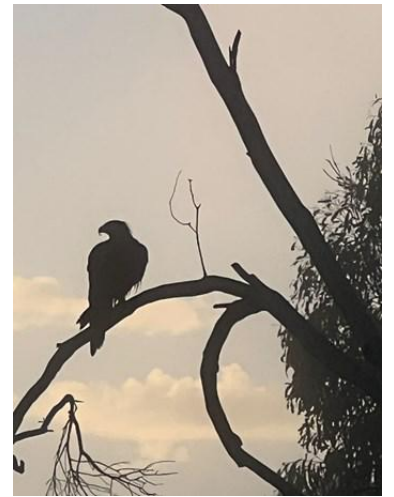


**Helen Johnston**

## **Photography**

Unfortunately, the February outing for the Photography group was cancelled due to the 42 degree temperature. In March we went to see an exhibition by Eastern Suburbs Camera Club at Norwood Town Hall. It was a very interesting display covering a wide range of subjects and it generated a lot of discussion amongst our group.

Afterwards, at morning tea at a cafe on The Parade, we planned our outings for the rest of the year.



*We would love to have more members in our group -  
it is not too late to enrol!*

***Janet Hawkes -Tutor***

*Photos by Betty Brezovskis*

## **Men's Interest Book Group: Next Selections**

### **Upcoming Books**

Our varied selection promises engaging reads that will spark stimulating discussions.

### **Rules of Civility**

Described as an elegant fairytale set in New York in 1938. It tells the story of a young woman whose life is forever changed by a chance encounter.

### **A Life on Our Planet**

Authored by the legendary David Attenborough, this book offers a profound reflection on the environmental changes witnessed over the course of his lifetime.

### **The Dickens Boy**

This intriguing novel by Thomas Keneally delves into the life of the tenth child of Charles Dickens, who ventures to Australia. It promises an exploration of family legacy and new beginnings in a distant land.

### **Library Availability**

The last two books, A Life on Our Planet and The Dickens Boy, will be provided by the Burnside Library.

### **Join Us**

We still have a few vacancies in our group.

***Chris Bunn***



## WOMEN WORKING WITH WOOD

After the U3A information session earlier in the year, six members have joined the Ladies group, part of the Regency Community and Men's Shed.

The ladies meet on Monday afternoons from 1.00 – 4.00pm.



So far, they have created a decorative box, a chopping board/grazing platter and salad tongs.

The ladies have used a variety of tools, sanders and saws. Plus, the all-important afternoon tea break, with time to have a social chin wag.



***Jenny Rossiter - Tutor***

## Jigsaw Swap Group

*Our Jigsaw Swap group formed just this year and is still sorting itself out... 😊*

*Meetings are held once or twice a term, at random times, at my home, over a cup of coffee.*

*Those who come bring a few jigsaws (named) and go home with another lot!*

*We have agreed to share email addresses. In between meetings members can contact each other if in need of a jigsaw fix.*

*All jigsaw addicts welcome! Enrol and I will contact you with our next jigsaw swap get together.*

***Pauline Kemp - Coordinator***

## Out and About - Australian Space Discovery Centre

HOUSTON.....there was NO problem landing on schedule at The [Australian Space Discovery Centre](#), ably organised and assisted by Cathy Birchmore



Nathan, aka "Major Tom" 'really made the grade' in delivering a wonderful presentation about his favourite topic, space! We were introduced to the James Webb Space Telescope {JWST}, an orbiting infrared observatory. One of the photographic images transmitted by JWST showed a small section of our night sky that they've determined holds about 7,000 galaxies. To put that into perspective, those 7,000 galaxies would fit into the size of a grain of sand!



Nathan delighted in answering the great questions put to him by members of our group. As Cathy thanked him for his informative and most interesting presentation, she shared her wish that Nathan could be cloned and placed in every primary school! He took that extremely well. So much amazing information to hear, see and interact with, makes the centre a 'must visit' when you are next in Adelaide, strolling down North Terrace.

**Teresa (Lois Lane reporting)**

### **Tell Me What You Think: 2<sup>nd</sup> Friday Monthly 1.30 – 3.00pm**

We all have opinions about many different things. We need to listen to others to form opinions about topics we might not know much about.

Everybody in the group is invited to nominate topics for discussion. Anyone can contribute to the discussion.

The person who nominates the topic is expected to recommend a couple of short articles or podcasts or videos as background information.

Occasionally, someone acts as 'Devil's Advocate' to challenge people's thinking.

These were the topics this past few months:

Is the rise of the independent parliamentarian good for democracy?

Has the status of women improved under the Albanese Government?

What will be the defining issues of the forthcoming Federal election?

***You are welcome to join us. We have vacancies!***

***David Wilson and David Kilner.***



### 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](#).

### 2025 PROGRAM UPDATES

**Tai Chi** – There will be no class on  
5th May 2025 .

**New Course** – Café Rendezvous for  
intermediate level French speakers –  
commencing Term 2 Mon 28th April.

**Armchair Travel** – some details have  
been changed since latest Course  
Booklet. Please see website.

### DIARY DATES

**Members Mid-Year Social Event at ECC**

Thurs 17th July 10am to 12pm

**Members End of Year Social Event at ECC**

Tues 9th Dec 10am to 12pm

### TERM DATES 2025

Term 2 Mon 28 Apr – Fri 4 July

Term 3 Mon 21 Jul – Fri 26 Sep

Term 4 Mon 13 Oct – Fri 5 Dec



**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 1 2025 Newsletter**

**Comments and suggestions welcome**

**Cathy Birchmore - Editor**

[newsletter@u3ainnernorth.org.au](mailto:newsletter@u3ainnernorth.org.au)