



President's Report

Gee, second term completed. Where did that time go ... and so quickly! Half 2025 gone! With great expectations, we can all look forward to the second half of 2025. If you are still considering what to do as new or additional activities, then refer to the 2025 program and enrol ASAP so tutors and leaders can inform you of their program.

Don't forget that we have our mid year morning tea on Thursday 17 July. This is a great opportunity for members to meet up with old friends and also form new friendships in a relaxed and informal get together. Reserving your seat is essential. I hope to see you there.

Another don't forget is the U3A Inner North Showcase on Friday 5th September 10.30am - 12.30pm. More details as we get closer to the date.

In a recent email to members, I mentioned some changes to the Board. Lyn McRostie resigned from the role of Treasurer after several years of ensuring our financial position was stable and exceptionally well managed. Thank you, Lyn, for your dedication to the role. I also mentioned in that email Joe Hoogland had taken up the role of Treasurer. I'm sure Joe's financial background will continue to provide U3A Inner North with confidence that we remain a financially sound charitable organisation. Please welcome Joe to the role.

Enjoy this newsletter and the articles that members have provided. It is great to see members enjoying their time with various activities and classes. As mentioned in previous newsletters, show this current newsletter to your friends – it may excite them to join the fun times that we have through our many activities.

Finally, 2026 is not that far away. We are now starting to focus on the U3A Inner North program for 2026. If you have ideas for new activities that add to our diverse program, then please let Sue McMillan who is managing the program know your thoughts.

Enjoy the break and a cheerful welcome to term 3.

Wayne Turner president@u3ainnernorth.org.au



Do you enjoy walking, but wonder where to go in or around Adelaide?

Check out the detail of 32 [Self-Guided walks](#) [each approx. 4klms, 1.5 hours]

Via the downloads page on our website: <https://www.u3ainnernorth.org.au/downloads/>

These have been kindly provided for your personal use
by our valued member and tutor Iwona Pattison



Members are warmly invited to our
Mid Year Social Event on Thursday 17th July from 10am to 12 noon,
in the Hall at ECC.

This is a wonderful chance to socialise and have a chat with other U3A Inner North
members, while enjoying a delicious morning tea.

If you are coming, please ensure you

RSVP no later than Friday 11th July by simply emailing

admin@U3ainnernorth.org.au or text Trish on 0409 692 815 with your name

this is essential for catering purposes and to ensure we do not exceed the room
capacity. Please remember to wear your name badge and bring along your own cup.

See you there !



Out and About - Adelaide Botanic Gardens

On a beautiful sunny morning at
the end of autumn, Ray Fife (a
member of U3A Inner North) led
us through selected attractions of
the Adelaide Botanic Garden
(ABG). Ray, after volunteering at
the ABG for 3 years, shared his
intimate knowledge of the historic
and natural wonders of the garden.



No matter how many times you visit a place you just can't
see it all and that is what we experienced with Ray. His
passion for the garden helped us see the spectacular giant
cones of cycads, over 300 varieties of pears and apples
(including some that no longer exist) expertly made out of
papier-mâché, a life size Queen Adelaide statue adorned
with real flowers and Buddha's hand citrus fruits among
many other things. *Iwona Patterson*

A little known stat ..

*From January to March 2025 we held 166 classes/activities just at ECC
with a total of 2198 attendees!*



It's 5 O'Clock Somewhere

As the title suggests, U3A members capably lead by Lucy and Anneke, meet at local hotels/restaurants for drinks and a meal. A different venue each month, gives variety and perhaps promotes a return with friends or family. Ovingham, Wellington, Hampstead, Albion Hotels are among establishments visited so far this year and mystery surrounds the next.

More importantly, members get to discuss U3A courses which they attend, passing information to fellow members. World problems can be solved, Donald Trump's latest plan for the world, examined.

All in all, very pleasant outings with much discussion, good food, a glass of wine perhaps and great company! How could you not enjoy such an outing. **Ian Drake**



Mind Games

Over a three week period, members have been playing a range of games and activities including memory games, Scattegories, word connections, dominant and non dominant hand exercises and group challenges.

At times, it was somewhat tough, but lots of laughter helped ease the pain!!!

Jenny Rossiter - Tutor



Planning for U3A Inner North 2026 Program

Tutors will soon be asked if they wish to continue with their courses in 2026 and/or if they propose new or 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. We are also looking for a new Guest Speaker Coordinator. You may like to volunteer to share this role with a partner. Please forward any thoughts or questions to:

Sue McMillan (Program Manager) program@u3ainnernorth.org.au

Out and About - Tea Tree Gully Heritage Museum

Do you know what this machine is?

The members who visited the Tea Tree Gully Heritage Museum on 2nd June found the answer to this question and many more about other items of yesteryear and the history of the museum and its environs.

Our visit started with a delicious homemade morning tea and a brief talk about the history of the museum its exhibits.

Nestled at the edge of Anstey Hill Recreation Park. The Museum stated out as a hotel and was at various times a school, post office and telephone exchange, public offices, council chamber and private residence until it was bequeathed to the National Trust in 1967.

In addition to the main building, which is furnished in the style of the 1800s, there are a number of outbuildings featuring a blacksmith and displays of local wineries and other agricultural industries. There is also a lovely garden with plenty of seats to rest and enjoy the surroundings. The volunteer staff were welcoming and happy to explain the exhibits and answer questions.

By the way the machine is a sock knitting machine! **Linda Christie**



Table Tennis in Action!

The Sci-Fi Book Club is for lovers of this imaginative genre which for two hundred years has explored humanity and the manner in which society will evolve as well as possible interactions with other civilisations. We always have lively discussions. So far this year we've read Arthur C Clarke's *2001: A Space Odyssey*, Adrian Tchaikovsky's *Service Model*, Larry Niven's *Ringworld* and Sarah K Jackson's *Not Alone*.



In Term Three we will read Isaac Asimov's *Foundation*, a long range vision of human evolution throughout the galaxy, Hugh Howey's *Wool*, an exploration of human survival in a post apocalyptic world and Ursula Le Guin's *The Left Hand of Darkness*, which explores questions of psychology, society, and human emotion in an alien world. In August, members will be asked to recommend books for next year. **David Kilner. Coordinator**

Unleash Your Inner Thespian

Our first foray into the world of the theatre this year has been the play "The Summer of the Seventeenth Doll" by Ray Lawler, who died last year at the ripe old age of 103.

You may remember the play for the kewpie dolls on cane walking sticks that inhabit the front room of Emma's boarding house Carlton. Or maybe you saw the 1959 film with John Mills and Earnest Borgnine. We have enjoyed bringing the four main characters - Queensland cane cutters Barney and Roo who return each year to see their barmaid girlfriends Pearl and Olive to life and discussing the social mores of Melbourne in the 1950s.

We are now reading one act plays which take only one session and the next session we are going to tackle 'The Bard' - choosing a soliloquy to recite!

Fiona Wald - Tutor

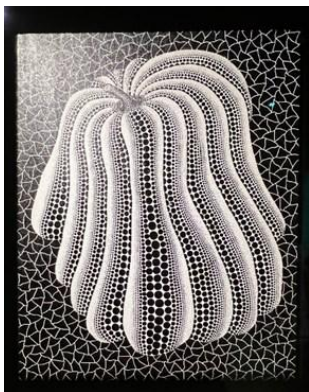


Photography

The Conversation" podcast recently had an article entitled "The Surprising Power of Photography in Aging Well". Thank you to Merry Wickes for sourcing this article. The research involved groups of people going for walks and taking photos of their surroundings. It showed how taking photographs can increase older adults' connection to place, creativity and overall wellbeing. Some of the points in the podcast include:

Photography is very accessible as everyone has a camera on their phone.

Photography can be exploratory, fun and deeply personal, and the outcomes can be shared with others, discussed and displayed.



During group walk sessions, participants expressed delight in sharing the same experience while capturing their own distinct vision of it. There is no right or wrong. You can simply start by slowing down and looking for interesting shadows, textures or details.

Our Photography group embraces these concepts on our monthly outings. We go to interesting places, enjoy taking photos, discuss over morning tea and post our photos on our WhatsApp group. Photos by Helen Griffen.

One taken at National Gallery Victoria and the other at Adelaide Gaol using iPhone 13. **Janet Hawkes— Coordinator**



A friendly reminder that our Tutors/leaders appreciate you advising them if you are unable to attend. Remember to update your apology via the Member Login link at u3ainnernorth.org.au or contact your Tutor/Leader.



Out and About - River Walk

Early in May Iwona Pattison teleported a group of U3A members through history on a stroll along the River Torrens in Highbury. Julia Archer, who is a regular walker in the area, was not aware of the ponds and pumps that irrigated market gardens, the story of the impressive ruins of the old mill, remnants of old orchards and

learning about ploughing competitions. Helen Griffin remarked on the set up of the Reconciliation River Walk with its 8 wooden pole markers each with QR codes. With the use of Iwona's tablet the group heard the history of the local Kaurna people narrated by their elders who talked about the sources of food, shelter and medicine on the banks of the Torrens river. Christine Shetliffe also valued learning *"from Indigenous 'historians' along the route about how they made dwellings, food bowls, medicines & implements from local trees & shrubs and how it provided a colourful insight to how people traditionally existed"*. Keith and Wendy Pulford commented that the *"well-paced walk, fine weather and a pleasant group made this a most enjoyable stroll along the attractive banks of the Torrens"*.

Iwona Patterson - Leader



Bravo, Carolyn Chinca, for organising the excellent monthly **"Op Shop Wanderings"** in 2025. And what a revelation it has been!

Op shops, selling second-hand goods, are big business, usually run by charities and located near one another with handy parking. There's always a pub or interesting eatery nearby to meet at afterwards so it's well worth doing and in good U3A company. So far this year we've visited

Opportunity shops at Sefton Plaza, Blackwood, Norwood and Croydon with others later this year at possibly Unley, Findon, Hove and Semaphore.

One's money goes so much further when discovering a treasured "find" be it in clothing, jewellery, china, glassware, crockery, bric a brac, knitting needles, wool, pot plants along with books, puzzles, games, children's toys, CDs etc, and a PERFECT place to check out first if you're invited to a fancy dress party! After all, other people's off casts might well become your very own treasure. **Helen Goereke - "Wanderer"**

Craft Group



Some members from the craft group made knitted and wooden bunnies – fifty bunnies in total. Each bunny had a bag of eggs attached. The bunnies were given to disadvantaged children, through the Local Foodbank in Kilburn. We also made a huge food donation to Lutheran Community Care at Blair Athol and to the Magdelene Centre in the City, to be distributed to homeless persons and disadvantaged families. All donations were made due to the overwhelming support from U3A members in purchasing items from the Craft Stall at the Christmas Social Get-together. *Jenny Rossiter*



When people ask **"What is Circle Dancing?"** I say "it's like yoga to music", not line dancing which a lot think! It is full of wonderful world music from all cultures which I love! The dancing steps can be quite different. We follow the teacher's instructions & we all enjoy the different dances whether we get them quite right or not! The two teachers Lyn & Heather give us good encouragement & deliver similar & then different styles which gives us a happy mix!

Circle dancing is great for balance & brain work, following the steps & enjoying a laugh. It also has a meditative element at times.

The other wonderful thing, it has brought friendships to the group and we treasure that in our Happy Feet Circle Dancing! *Valerie Jarvis (participant)*

U3A Birds Group

Did you know that U3A inner North has a Birds Group. The group meets twice a month. On the 2nd Thursday of each month there is a presentation on an aspect of birdlife and on the 4th Thursday there is a bird watching fieldtrip. Members of the group range from



experienced and knowledgeable bird watchers to complete novices so it's a great group to engage with others who share your hobby or learn a new and interesting pastime. You may get a chance to see a bird like the one pictured which is a crested shrike tit. We recently saw this bird, which is not often seen, on our field trip to Laratinga wetlands at Mount Barker. *Linda Christy*



INAUGURAL U3A PICKLEBALL "CHAMPIONSHIP" & COMBINED SOCIAL EVENT

In 1st term, members of the Intermediate pickleball group took part in the "Inaugural U3A Inner North Pickleball Championship". Teams were randomly selected to play a round robin over three weeks, with members vying for the highly coveted wooden pickleball trophy (made at the Ladies Shed!). Congratulations to Vicki and Janet for winning the trophy and to the runners up, Robyn and Susan.

In 2nd term, the Beginners and Intermediate groups joined for a combined playing event. It was great to see the members enjoying a very social hit against different people. Thanks to Julie for supplying exceptionally yummy ANZAC biscuits, to feed the hungry masses...We have been looking for other U3A pickleball groups to play, but it seems U3A Inner North is the only one in the State!

Jenny Rossiter *Coordinator*



With over 200 U3AIN members, consider the amazing wealth of life experiences we collectively share! Of course, all of us have a story to tell, but so many of us might feel quite daunted to stand up in front of other members, to tell it.

In "Talk by Members" we provide that opportunity in a very supportive way. We can provide a facilitator to help you prepare, rehearse and present, giving you lots of constructive feedback along the way.

This was the case recently with a very successful presentation by member Dianne Sly. No one in the audience would have experienced her unique story - growing up in light-house keepers cottages in remote locations, home schooled, and with only her younger brother to play with. Overcoming considerable adversity and showing remarkable resilience, Dianne was eventually able to become a nurse, marry and raise two children, eventually buying her own home at the age of 60.

Thank you for sharing your story, Dianne. **David Wilson**



U3A INNERNORTH SHOWCASE Friday 5th September 10.30am – 12.30pm

Members will be showcasing their skills through craft, mosaic, art and photography exhibits; ukulele, drama, singing, tapdancing and circle dancing performances; canasta and mahjong demonstrations and come and try pickleball and table tennis activities.

It is an opportunity to meet the tutors and group leaders, to find out more about their programs...languages, book clubs, armchair travel, history, guest speakers, excursions, film groups, computers, music, quizzes, current affairs, art appreciation and more.....

You might consider joining these groups in 2026. There may even be a sneak preview of new courses for 2026.

The event is free and bookings are not required. This event is open to the general public, so please invite your friends and help spread the word.

Jenny Rossiter and Chris Fanning - Event Coordinators



The poster features a collage of images at the top showing various activities like crafts, mosaics, and people. The central text is bold and clear, with a blue starburst on the left stating 'FREE No Bookings Required'. A blue starburst on the right says 'Educational & Recreational Activities For Those Over 55 Years'. At the bottom, there's a blue starburst that says 'Everyone Welcome Bring A Friend' and a small graphic with the text 'EVERYONE LEARNING TOGETHER'.

U3A
INNER NORTH

SHOWCASE

Friday 5th September
10.30am - 12.30pm
Enfield Community Centre
540 Regency Road

FREE
No Bookings Required

Art, Craft, Mosaic and Photography Exhibitions
Dancing, Drama, Singing and Ukulele Performances
Come 'n Try Activities
Meet the Tutors

Everyone Welcome
Bring A Friend

EVERYONE LEARNING TOGETHER



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 – general enquiries

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](#).



Zonta Women Artists Talks 2025

Come and learn about the lives and works of some of the amazing women artists included in the new exhibition “Dangerously Modern Australian Women Artists 1890-1940” at the Art Gallery of SA.

Dates: 7, 14, 21 August

Time: Thursdays at 10:00am – 11:30am

Venue: Lochend Community Hall, Locheil Park, Campbelltown

Cost: \$25 per session (Morning tea provided)

Talks to be given by Erica Majba who has successfully run a Women Artists year long course at U3A TTG for the past 5 years.

Also join us for a tour of AGSA on 28 August (Gallery group booking fee \$20) followed by lunch (at own cost).

Bookings: TryBooking (search title and date). Open early July.



All funds raised go towards supporting young women in schools.
Contact: Thelma 0477 042 787
zontaclubofadelaide@gmail.com

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 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 2 2025 Newsletter

Comments and suggestions welcome

Cathy Birchmore - Editor

newsletter@u3ainnernorth.org.au