

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



Hi Members, Tutors and Group Leaders

Well, what a fun packed year we have had by being part of U3A Inner North. There have been many events, members'/tutors' surveys, planning workshop, temporary relocations, AGM, a new Constitution but more importantly members being able to enjoy activities of interest, meet new people and have fun. As we come to the end of term 4, and the close of 2024, many members are focusing on summer holidays, Christmas celebrations, activities with family and friends and ...keeping cool. Enjoy the break.

Your Committee hopes you have enjoyed the 2024 Program and you are looking forward to the classes and events on offer through the 2025 program. Remember you must renew your membership before you are able to enrol in classes in the 2025 program. I mentioned the members of the new Committee/Board in my most recent email. For everyone's reference they are: Cathy Birchmore, Janet Bradshaw, Janet Hawkes (Vice President), Kristina Barnett, Linda Christy, Lyn McRostie (Treasurer), Sue McMillan, Trish Benson (Secretary), Wayne Turner (President).

This leads me to acknowledge that at the AGM Angy Henn retired from the Committee. Angy was Vice President as well as the Program Manager for the past couple of years. Angy's dedication is to be admired, as she ensured we had a program that catered for a wide range of interests and that we had appropriate members able to be tutors or group leaders presenting the program. Thank you Angy for your tireless work. It was certainly well appreciated by all. Furthermore, thank you for completing the 2025 program.

The final event of the year on December 12th - the End of Year Celebration /Annual Christmas Party morning tea will be an opportunity to celebrate 2024, socialise and to look forward to 2025.

We anticipate over 100 members and friends will attend. It is also an opportunity for the Committee/Board to thank members for their participation throughout the year. Very importantly it will be an opportunity to recognise and thank our volunteer tutors and group leaders for their exceptional effort during 2024.

Enjoy 2025!

Wayne Turner

president@u3ainnernorth.org.au



Are you continuing as a U3A Inner North member in 2025?

Here's a quick summary of what you need to do and important dates.

Renew your membership online Click on the Join Online link on our home page
<https://www.u3ainnernorth.org.au>

Pay membership fee (\$55 for Full membership or \$35 for Affiliate membership) either by credit card from within the database or through your bank online or in person.

Bank details

BSB: 633-000

Account no: 161633771

Enrol online in classes from January 1st 9am.

Do this as soon as possible as some classes fill quickly. Remember that your enrolment this year doesn't carry over to 2025.

In-person registration and enrolment is available for members unable to complete the process online, on **6th January 2025** at Enfield Community Centre
10.00 to 11.30am. Cash only payments so please bring the correct amount.

Check the program beforehand and come along with your list so we can process your enrolment quickly.

If you need help with the online process email membership@u3ainnernorth.org.au Step by step instructions are also available on the web page under the Downloads tab.

STROLLING ON MONDAYS



A big thankyou to our impressive, industrious and innovative Iwona who has been at the helm of our Monday strolling for the past 3 years. We have walked through beautiful woodlands and wetlands, by creeks, reservoirs and homesteads and learnt much about the local history thanks to Iwona's dedication.

Iwona's personalised names for strangely developed trees we've passed along the way has been most interesting! As well as great exercise, we have had many laughs and

chats, seen kangaroos and koalas and a variety of birdlife, of which the tawny frogmouth owls were a highlight. We have been lucky to have Maureen McLuckie step up to take the lead next year and look forward to continuing Monday Walking.

Thanks again Iwona for all your efforts, we'll miss you!

From Teresa on behalf of your Monday Strollers



TABLE TENNIS

Wednesday 9.30 am; a happy band of players gather to chat, exchange travel tips, console each other over various health conditions and best of all, play table tennis. The oohs and aahs ring out as the players compete enthusiastically for every shot. Our original group of 16 has expanded to 20 over the year and the Port Adelaide Enfield Council very generously bought another table for us at the beginning of term 4.



I'd like to thank our President Wayne for putting forward the proposal to council, and thanks to Monique for making it happen.

Table Tennis is on the program next year at the same time so if you are up for a hit please enrol and add a bit of colour to your life. **Fiona Wald**

THE PHOTOGRAPHY GROUP

In October we went to see the Australian Geographic Nature Photographer of the Year 2024 Exhibition at SA Museum. We enjoyed viewing and discussing the marvellous photos on display.

Earlier in the year we set ourselves a project to take a series of photos illustrating the title "A Day in the Life...". At our last meeting for the year, we met at ECC to view these photos. There was a wide variety of interpretations of the topic, including A Day in the Life of a one-year-old child, a bike rider, my suburb, in the garden, Carpenter Rocks and different stages of the day (featuring birds, plants and animals). This was a fun exercise, and we plan to do something similar next year.

Janet Hawkes -Tutor



Glass Art
Photographs by
Chris Jordison

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](#).

BIRDS 2024

There is nothing quite like rising early and watching hundreds of birds on Saint Kilda beach when the tide is in! Our Birds group enjoyed some great outings this year, including one to the Zoo where we saw this curious, blue-faced honeyeater (pictured).



We were treated to excellent lecture presentations by Chris, Mike, Linda and Maree. So we are adding to our knowledge as well as having fun and fresh air. Not all of us are self-confessed bird nerds like me, but we are all learning and hope to continue this in 2025. We welcome new members, especially rank beginners! *Pauline Kemp*

INNER THESPIAN

Our little band of thespians commenced the year with afternoon tea and cucumber sandwiches as we read 'The Importance of Being Earnest'. We ended the year wearing Santa Hats and a performance of Clement Moore's poem 'Twas the Night Before Christmas' for the end of year celebration. Our group have thoroughly enjoyed each other's company as well as challenging ourselves to interesting, if at times, dated scripts to read aloud. We look forward to finding some engaging, amusing and perhaps thought provoking plays to read for next year. Please join us if you are so inclined. *Fiona Wald*



ART GALLERY WANDERINGS

This Activity has been an unexpected delight this year, led by Carolyn Chinca. On the second Wednesday of the month, we visited art galleries, most of which I did not know existed, from Gawler and Port Adelaide to the more local in the CBD and its environs (Bowden and Norwood). Group members have enjoyed each other's company and the discussion around the art we have been exposed to, during our visit and over lunch following it.

I particularly enjoyed Art Images on The Parade. I always thought it was a framing place not a vibrant art gallery. We went to a Leunig exhibition there and subsequently I joined their mailing list and went there to hear Leunig in conversation with the gallery owner. Praxis ART SPACE in Bowden too was remarkable for the novel art forms encountered there, all of high merit.

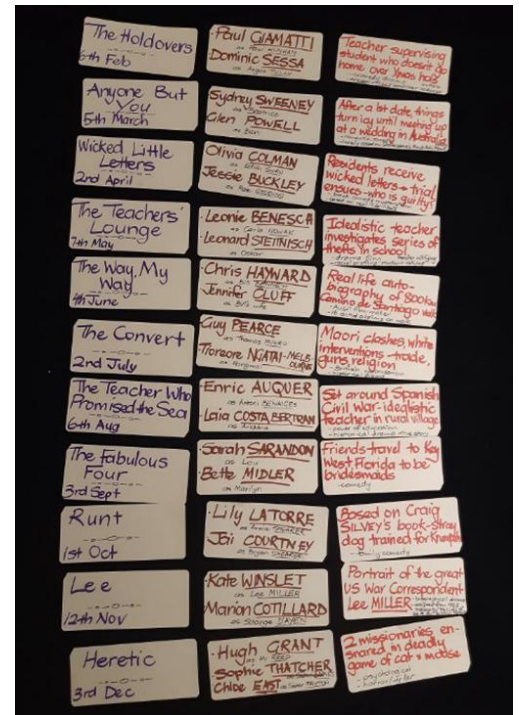
Carolyn has been a phenomenal tutor. Her preparatory work and selection of galleries across a wide range of art forms has been outstanding as has her communication with the group about how to get to the gallery of the month and where we will lunch after. For me Art Gallery Wanderings has combined physical, social and intellectual stimulation which makes me feel great. Thank you Carolyn! *Sue Pinnock*

Tuesday Film Group

During 2024, the 30 members of U3AIN have, at various times, attended monthly film sessions @ the local Prospect Palace Nova Theatre. In all, we've viewed 11 films this past year, ranging from comedy to drama to thriller to historical biographic documentary and more. To test our memories, we played a quiz at our last session whereby we recollected the 11 film titles, then matched up 2 actors & character names, plus a brief synopsis. It was a fun challenge, and we all rose to the occasion!

Join our group next year to also have this enjoyable experience.

Jenny Smith



HAPPY FEET CIRCLE DANCING TERM 4 2024

What a successful year of dancing for our circle dancers. Late in the term we were still attracting new members to the dance floor. We currently have 2 men in our group who join us regularly and welcome more in the future, you will not be alone!

The group appreciates the social aspect of meeting weekly and the ongoing benefits to our cognitive and physical health which is well evidenced in research. We finished the year with Christmas dances which lifted the spirit of all those who attended. Lyn and I wish to thank the members who help with preparing for each session, for their assistance and wish everyone a Merry Christmas and a bright new year. *Heather*



Art Appreciation Class – Thursdays 1.00 -3.00pm

Can not believe, it is the end of the classes and year 2024. We have had a mixed year for attendance as some went on holidays, some to work and illness. We are now full strength and increased in numbers at end of 2024. Our last enrolment was Magda, who is full of enthusiasm and talent. We celebrated end of year on 5/12 at the Windsor Gardens Hotel and happy to say with 100% attendance. We share our knowledge of different mediums to expand and improve our skills.



We are all looking forward to start classes Feb 2025.

Greetings from us all for Christmas and New Year.

Alicja Cheshire and team

CRAFT

This year is the fifth year since our group started with 3 people.

Now we have 30 people which is indicative of the need for us to be socialising and working on individual projects together.

We have a unique range of talents, skills and experience in this group.

Sharing knowledge together is one of the wonderful things that I observe and admire. To name just a few of our experts, Sue has taught people how to make teddy bears and ducks.

Many skills are taught such as crocheting and knitting intricate patterns. Dot and Teresa are often called upon to help people with a variety of their skills. Jan, a foundation member, has much to offer, particularly with quilting. Everybody has knowledge to share and does so willingly.

We have Janet, skilled in basket weaving using various twigs. Her beautiful baskets are on display in exhibitions.

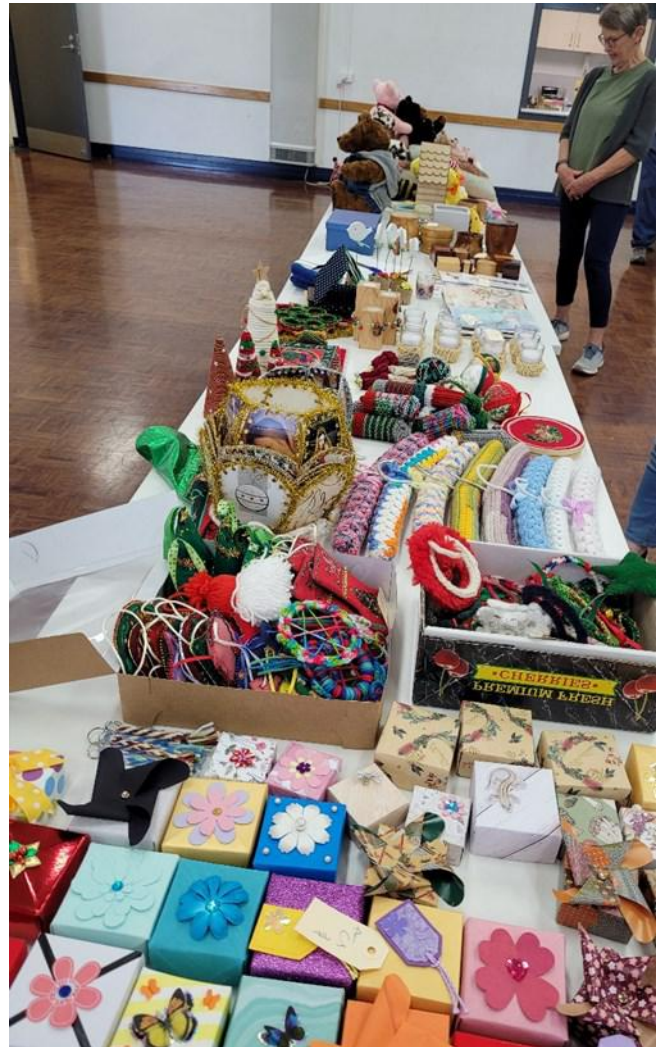
Jenny and Teresa have learnt wood working skills through the Men's Shed and The Parks, producing interesting items using machinery.

These are just a few of the amazing people who have joined the group and share their skills. There are many more, as everyone has some skill to share.

Many of the wonderful items produced by the Craft group will be for sale at our U3A Inner North end of year morning tea on December 12th at ECC.

All money raised will support Foodbank Prospect.

I am so proud of this amazing group of people who show their talents and skills for us all to delight in. You will find us in the Hall on Wednesdays between 9am and 11am. We are very happy to encourage and welcome new members. **Jude Hennig Craft Group Leader**

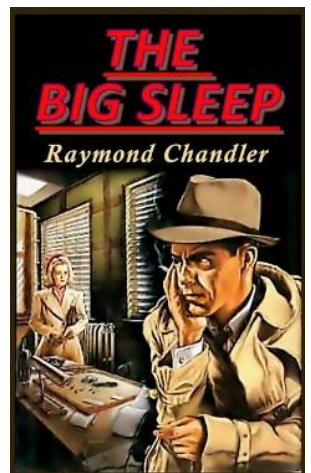


MEN'S INTEREST BOOK CLUB

Our club is entering its fifth year of activity. Our aim is to read a wide variety of books including classics, biographies, histories, science and some novels. Our first meeting of the year is in February for which we usually read a significant classic. In 2025 it is the definitive hardboiled detective story Raymond Chandler's *The Big Sleep*.

We have access to the Burnside Library book club system and it's been very helpful. However, on occasions we also obtain our own copies easily through eBooks and/or the One Card Library system.

Convenor Chris Bunn



ITALIAN FOR BEGINNERS 2024

In 2024 the Italian for Beginners class started off with a full complement of students – six of whom actually visited Italy in the second half of the year. They returned with lots of anecdotes about their travel experiences, but all agreed that their time learning Italian in this class was worthwhile and helped them immensely while overseas.

If you are thinking of travelling to Europe or Asia in the near future, a basic knowledge of the language, customs and traditions of the country will be very useful, along with suggestions and help with your travel plans.

FRENCH 1 & FRENCH 2 2024

2024 has been a successful year for both French 1 and French 2 classes, with students enjoying the courses so much that they will be enrolling again next year.

In French 2, which is conducted via Zoom on Monday mornings at 9:00am, there are students from Murray Bridge, Mannum, Robe, Strathalbyn, Ardrossan and local metropolitan areas. It has been a delight to see the development that has occurred in French pronunciation, sentence construction and reading by these keen learners, who have been expressing themselves confidently in this foreign language.

The Beginners French 1 class has also made great progress, mastering basic grammar, enjoying simple comic strips, learning how to put sentences together and reading short passages. One of their major achievements was conversing with a French guest speaker, asking and answering questions.

It was also rewarding to get feedback from students who travelled overseas during the year and had been able to order food, use public transport and have brief chats with the locals.

Why not consider enrolling in a language class in 2025? You might be pleasantly surprised in the friendships you will make and what you can achieve in a U3A course!

If interested in learning French or Italian in 2025, please contact

Marie-Antoinette email: magalletta@optusnet.com.au



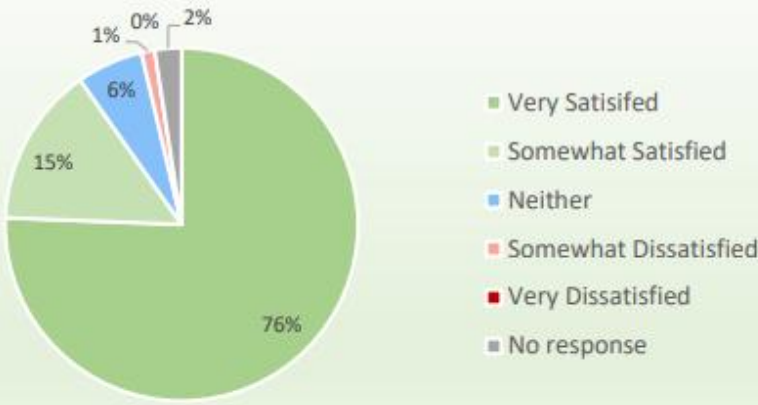
SCIENCE FICTION BOOK CLUB

We are a small but enthusiastic group of science fiction readers. This year we explored several of the classic works of science fiction including Jules Verne, HG Wells, Aldous Huxley, John Wyndham, Isaac Asimov, George Stewart, Frank Herbert and Philip K Dick. Philip K Dick's seminal 1969 novel *Do Androids Dream of Electric Sheep*, which was

turned in to the movie *Blade Runner*, produced a lively discussion about humanity and Artificial Intelligence. For 2025 we have chosen an eclectic list of books by authors Arthur C Clarke, Adrian Tchaikovsky, Larry Niven, Sarah Jackson, Isaac Asimov, Hugh Howey, Ursula Le Guin, Kazuo Ishiguro and Ben Bova. They deal with topics ranging from extra-terrestrial intelligence, robots, post-apocalyptic worlds, galactic futures, social impacts of future worlds, parallel worlds and space tourism.

More details in the 2025 Program. **David Kilner**, (dgkilner@gmail.com)

Feeling of being welcomed and included



MEMBER SURVEY 2024

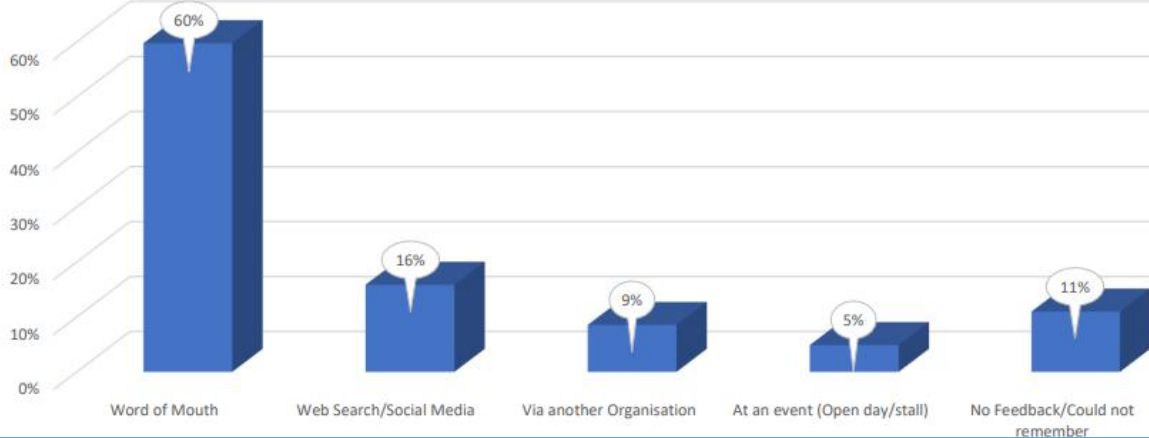
Thank you to all our members who provided feedback to the 2024 Member Survey.

Results are now up on our website: <https://www.u3ainnernorth.org.au/>

The survey can be found under Downloads on the Navigation menu (see Information).

Please take the time to have a look at the results professionally interpreted and presented in easy to read graphs and summarised comments.

Q1: How did you first hear of U3AIN (previously named U3A Prospect)?



Thank you to all contributors to our Term 4 2024 Newsletter

Wishing all Members a Healthy, Happy and Joyous New Year!

Cathy Birchmore - Editor

newsletter@u3ainnernorth.org.au