



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JUNE 2013



TERM THREE

University of the Third Age Lower North Incorporated

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Dear Members,

Greetings from a hidey-hole in the suburbs which is my temporary home for a few months before returning to the usual hollow in the Clare Valley.

Recently there have been some committee changes. Sadly ill-health forced our much-treasured treasurer Lynton Phillips to resign and we appealed for someone to take over the position. New member and computer tutor Ashleigh Ratcliffe answered the call for which we are truly grateful and we thank Lynton for sticking it out long enough to do a handover. Catherine Marsson has been unavoidably absent over recent months while studying to renew her professional qualifications, so she has agreed to resign her office though will still attend meetings when possible as she maintains her role as liaison person for Burra activities. Millie Nicholls has moved into the vacancy of vice-president so I will have to pick up my socks.

Last term, rather than have waiting lists, we offered a second book group and a second walking group. There was not enough response to justify us listing them again but they are still on offer if the demand is there. Please don't think these second groups have to be identical to current ones. They can be a different format and a totally different location: Burra or southern end of the Valley perhaps. There is no reason why they have to be held in Clare. Existing group leaders can give you advice and then off you go and personalise it to make it your own. We look forward to hearing what you want.

Last term we also asked for expressions of interest for what we expected to be an eagerly awaited group: **Chemistry of Winemaking**. We received not one reply. Quite rightly tutor Ashleigh Ratcliffe is reluctant to abandon his popular **Applied Computing** group, where members are keen to continue exploring the finer points of spreadsheets, etc., for an unknown quantity. Chemistry of Winemaking may go ahead in Term 4 but only if you let us know you want it.

Speaking of computing, unfortunately we lost tutor Lyn Cook as she is retiring to the coast but Quentin Fleming stepped in so our wonderful total of four computer classes could see out the term. Although we have listed them all to continue in Term 3, that will depend on enrolments. If we receive insufficient numbers, we may have to merge a couple of classes so just three proceed. Please put in your enrolment as early as possible.

Our course co-ordinator has also decided to ask for expressions of interest for possible **field trips** on **native flora, birds** and **geology** before going ahead and making possibly unnecessary plans.

How to register an expression of interest. If you want something to happen, say so by listing your interest/s in the 'remarks' line of the application form or contact Val by phone or email. If you don't tell us what you want, we can only guess.

Room hire fees have forced a change of venue on the **History** group. Their new home will be St Barnabas' Church hall.

Our **Technology** group is covering some fascinating subjects and has space for new students. Quentin is happy to tailor material to match interests and understanding of participants.

Mt Gambier U3A will visit after end of term 3: 22-26 September. During that time we will be holding a joint dinner at one of the local hotels and probably a mini Petanque tournament. We hope you will be able to attend both these events. More details during term. If you want to be more than a spectator, you might like to enrol for **Petanque** and get in some practice.

Term Three sees SALA (South Australian Living Artists) events happening across the State. U3A's talented artists will mount their **annual art exhibition** at Gally's Meeting House, Farrell Flat, hosted by Garry and Sally Fieldhouse. Running from Friday 2 to Sunday 25 August, it will be formally opened by local artist Jen Penglase Prior from Irongate Studio Gallery, Mintaro. Please pre-book your afternoon tea if attending the official opening. (See details on invitation below.)

We haven't received many entries for the 2013 **Photography Competition**. This always provides some extra colour to the AGM where the photos are projected onto the wall and the winner announced. This year all members can be involved, not only photographers. We would like to hear what U3A means to you. It can be a word, a phrase or a sentence or two. It can be signed or anonymous. Short and snappy entries may appear on the screen at the AGM interspersed between the photos. Longer pieces may appear in our publicity.

The **Quilting** group has created a special lap rug for us to raffle. Thanks ladies.

Group leaders are reminded to advise Val if anyone has dropped out permanently from their group.

Please make use of the '**suggestions**' line in the enrolment form or send your ideas straight to Val, Beth Smith or myself.

*See you back in the classroom,
Claire*

AN INVITATION FOR YOU

All U3A members, friends and family are cordially invited to the opening of

"Through Experienced Eyes"

An exhibition of works by Gerald Moore's art group
Lesley Bray's quilting group and Halima Northeast's mosaics groups

GALLY'S MEETING HOUSE, FARRELL FLAT

To be opened by Jen Penglase Prior

Friday 2 August 2013 at 2.30 pm

Afternoon tea @ \$5 per person will be served after the opening speeches

Please RSVP to assist with catering

RSVP to Garry and Sally Fieldhouse before Wednesday 31 July
8843 8028 or gally3@bigpond.com
Or contact Val Tilbrook



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SENIORS CARD

2013: THIRD TERM ACTIVITIES

- Ancestry** via ancestry.com, Diane Richardson, organise time with Diane on 8842 2832
- Art**, Gerald Moore, Wed., 9.30 am - 1.30 pm, starts 31 July, Auburn.....
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 1 August, Clare Library
- Chess**, Tuesdays 2.30 pm, starts 30 July, Trevor & Dee Ware's, Lot 33, Warenda Road, Clare
- Chinese** (basic spoken Mandarin), Ron Bevan, Mondays 10 am, starts 5 August, Domain.....
- Classical Music**, Moira Kleinig, 1st, 3rd, 5th Thursday, 2 pm, starts 5 August, 2/10 Harriett St, Clare
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 17 July, venue tba, waiting list.....
- Computing I**, Sue Mayfield, Wednesdays 10 am -12 noon, starts 31 July, Domain \$30/term
- Computing II**, Quentin Fleming, Tuesdays 10 am - 12 noon, starts 30 July, Domain \$30/term
- Computing III**, Quentin Fleming, Tuesdays 1 - 3 pm, starts 30 July, Domain \$30/term
- Computing IV (Applied)**, Ashleigh Ratcliffe, Mondays 2 - 4 pm, starts 5 August, Domain \$30/term.....
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, ongoing, St Barnabas' hall. No beginners.
- Cryptic Crosswords**, Greta Handmer 8842 2065, alt. Thursdays, 10.30 am, starts 8 August, 25 Edward St.....
- Drumbeat**, John Monten, Mondays 10 am, starts 5 August, St Barnabas Church Hall, Clare.....
- Film Group**, Val Tilbrook, 2nd Tues. of month, 2 pm, Blyth Cinema. 9 July: *Anna Karenina*
- *French I** (Basics), Thursdays, 12 - 1.15 pm, starts 1 August, Domain.....
- *French II**, Thursdays, 1.30 - 3.30 pm, starts 1 August, Domain
- Furniture Restoration, etc.**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 31 July, Blyth.....
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 2 August, TAFE, Room 10
- Mah-jong**, Jocelyn Macrow, Wednesdays 2 - 4 pm, starts 31 July, St Barnabas' Church Hall, Clare.....
- Mosaics I**, Halima Northeast, Fri. 9 am - noon, starts 2 August, 9 Kingfisher Drive, Clare
- Mosaics II**, Halima Northeast, Fri. 1 - 4 pm, starts 2 August, 9 Kingfisher Drive, Clare
- Petanque**, Malcolm Weddle, Mondays 1.30 - 3.30 pm, starts 5 August, Catford Garden, Clare.....
- Quilting**, Lesley Bray, Thursdays, 10 am - 1 pm, starts 1 August, St Barnabas' Church Hall, Clare,
- Scrabble**, Carol Stewart, Mondays 1.15 pm, ongoing, St Barnabas' Church Hall, Clare
- Technology overview**, Quentin Fleming, Fridays, 10 - 12 noon, starts 2 August, St Barnabas Hall, Clare
- Walking Group**, Greta Handmer 8842 2065, Mondays 8 am, starts 5 August, meet east end Lennon St.....
- Watercolours**, Glenys Christopher, Mondays 9.30 - 12.30, starts 5 August, Burra (Pay studio hire fee to tutor).....

*French language groups presume some prior learning.



PLEASE RETURN new enrolments to Course Co-ordinator, Val Tilbrook, at P.O. Box 480, Clare SA 5453, or 8842 2465, or 0448 183 748, or valtil@bigpond.com. **Deadline: Monday 22 July 2013.**

Enrol me in the following group/s: _____

Name: _____ Current Member? Yes [] No []

Address: _____

Telephone: _____ Mobile: _____

Email: _____ Year of birth: _____ Country of origin _____

Please tick to receive future newsletters by email [] (only if you have not done so before).

Enclosed is total payment of \$ _____

(**On-line payments:** Account: U3A Lower North Inc., No. 39480340; BSB 105 030. Use surname followed by initial, e.g. John Smith = smithj.)

Payment is for (put number of people in the brackets) \$15 ½ year membership []; \$30 computing []

Suggestions: _____

Blood pressure: what's yours?



This is for anyone who, like me, has enough problems remembering their mobile phone number, let alone any other numbers. Do you know what your blood pressure is, what it should be? Does it matter?

Blood pressure varies depending on what you are doing, your overall health, even room temperature.

You can't guess your blood pressure: it needs to be measured by wrapping an inflatable cuff around your upper arm which is attached to a sphygmomanometer (yes, I can spell.) For accurate results you should be relaxed and sitting or lying down.

The reading is expressed as two numbers, e.g. 120 over 80. The larger number is your systolic blood pressure while the smaller number is your diastolic.

Systolic: the pressure in your arteries as your heart pushes the blood through on each beat.

Diastolic: the pressure in your arteries as the heart relaxes before the next beat.

Well so far that makes sense: higher when under pressure, lower when not under pressure.

Now you want to know what your reading should be. Like any test, you want to know if you have passed. Sorry, but there is no ideal blood pressure reading though the following are clinical classification for blood pressure in adults:

- **Normal:** generally less than 120/80
- **High-normal:** between 120/80 and 139/89
- **Mild high:** between 140/90 and 159/99
- **Moderate high:** between 160/100 and 179/109
- **Severe high:** equal to or greater than 180/110

High blood pressure

If your doctor says you have high blood pressure he is not complimenting you. He means it is unhealthily high. There are different levels of high blood pressure (sometimes called hypertension), but all of them should be treated. High blood pressure is anything over 140/85. There are rarely any warning signs so you could be feeling fine but really at risk of heart attack, stroke, heart failure and kidney disease.

Low blood pressure

Low blood pressure (hypotension) is not necessarily unhealthy. It is only a problem if you are experiencing symptoms, or if it is having a negative impact on your body. Symptoms include: light-headedness when standing from a sitting or lying position, unsteadiness, dizziness, weakness, blurred vision, fatigue, fainting.

Treating high blood pressure?

Smoking, drinking, high cholesterol and being overweight all contribute to high blood pressure. If your blood pressure isn't too high then you should be able to bring it down by making lifestyle changes. Don't smoke, avoid excess fat and salt, lose any extra weight you are carrying, exercise for at least 30 minutes every day and keep your alcohol intake down. If you do drink alcohol, men should limit themselves to two standard drinks per day, and women to one. If your blood pressure is quite high then you will probably need to start taking blood pressure medication, as well as making these lifestyle changes. If you are on blood pressure medication you should take it exactly as prescribed, and not change the dose or stop taking it without first talking to your doctor.

Treating low blood pressure?

Low blood pressure causes vary, and the treatment will depend on the cause. If you are taking medication which has lowered your blood pressure, such as medication for high blood pressure, antidepressants, or medication for certain heart conditions, then the dose may need to be altered in consultation with your doctor. If your low blood pressure has been caused by internal bleeding, such as from a perforated stomach ulcer, then the ulcer will need to be sealed. Whatever the cause, your doctor should work with you to bring your blood pressure up to a healthy level.

How to keep it healthy?

If your blood pressure is normal then there are ways you can keep it within the healthy range. Don't be complacent. At our age everyone needs at least an annual medical check-up. The usual medical advice applies: don't smoke, keep your weight healthy, exercise regularly (a brisk daily walk should suffice), don't consume more than two standard alcoholic drinks per day, and eat healthily. Avoid salt and fat and include plenty of cereals, fish, fruits and vegetables in your diet. (According to my doctor, you may not live longer but it will seem longer.)