



# U3A LOWER NORTH

*Sharing Skills and Experience with Friends*

**SEPTEMBER 2014** 🍷 **TERM FOUR**

**University of the Third Age Lower North Incorporated**

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## *Dear Members,*

Greetings from a thawing hollow in the Clare Valley where we are making weed piles while the sun shines.

This issue contains news on our usually busy fourth term and an excellent innovative short course which combines several of our tutors along with some good old Spring sunshine and fresh air. (See box at right.)

**Knitting** is back in fashion and members often find they want to brush up their skills when a grandchild is on the way. Mary Clark has agreed to teach beginners and brush up the skills of others each Wednesday.

Glad to see so many art lovers at our **U3A SALA Art exhibition** in August. Tracy Vandeppeer of Auburn, declared it open then promptly made a purchase which was a great vote of confidence in U3A skills.

Thank you to everyone who sold or bought tickets in the raffle to support this event. It raised \$458 and fittingly enough the first prize winner was our generous host Garry Fieldhouse. Second: Chris Cootes; third J.P. Taylor

This term we welcome back Sue Mayfield teaching computing, Petanque resumes after winter break and hopefully also Moira Kleinig's classical music group. Halima's Mosaic groups and Barry Smith's Furniture Renovation and Woodworking group will be taking a break in Term 4.

Some group leaders have signalled they wish to retire before 2015. Please discuss it with your group and hopefully a class member will volunteer to carry on the good work. They may choose to run it along similar lines or choose a format which suits them.

## **SPRING SPECIAL: BOOK EARLY**

This Spring there is an innovative short-course mega class which should tempt everyone to be involved. Do you want to know more about your natural environment, an excuse to get outside and enjoy this Spring weather, stretch your legs, commune with nature and have a coffee with new friends?

A group of U3A members will have the opportunity to walk sections of the **Riesling Trail** with experts in the field of **botany, geology, bird watching** and the **history** of the track. We envisage short walking sections of just 1 or 2km, with guides pointing out things of interest as you go, then end the session at local cafés for more discussion. All very informal and no need to be super fit. If you have them, do bring binoculars for bird watching. If you don't want to walk too far, inform Sue who can organise a shuttle back to the start point or between sections.

Your guides will be Millie Nicholls, Steve Wicks, Trish Lampard and Sue Mayfield. Walks to be held on Monday mornings, starting 9 am, Monday 20 October, at the car park, eastern end of Lennon Street. The course will continue for 3 or 4 sessions, either weekly or fortnightly (discuss on first day).

This is about raising awareness and appreciation of what can be experienced on the Riesling Trail. It will enrich every walk you take in the future. It will make you want to take a grandchild for a walk and pass on your newly acquired knowledge. Be the grandparent who knows about birds, trees and rocks.

New members welcome at half-year \$15 rate.

## COMPUTING

**Computing I** will be Quentin Fleming's usual Tuesday class. **Computing II** on Wednesdays will be a six-week course with Sue Mayfield covering "Back to Basics" for computers that can be applied to computer tablets but will be taught on either your own laptop or the U3A laptops. It all starts with 'TOTO' (Turn On, Turn Off!) followed by these essentials:

- how to find your documents on the hard drive (file management)
- how to send pictures and other stuff in an email (attachments)
- how to make life easier by not having to type the same thing over and over (cut, copy and paste).

All these skills will help to make your life easier when keeping in touch with family and friends.

## DID YOU MISS OUT?

Anyone who missed out on **the new short courses** in Term 3 should be kicking themselves.

Those with a literary bent had a ball with Meredith Appleyard guiding us through setting a scene, creating characters and so much more. **Creative Writing** was never boring, always stimulating and frequently hilarious. (Look out for Meredith's book coming to a bookshelf near you in 2015.)

**Decluttering** was an eye-opener. Pam Mitchell is so organised and had a wealth of tips on how we could become the same. It is true that Pam only has one saucepan but an urban myth that she gave away her vacuum cleaner because it was only collecting dust.

Meredith and Pam may be coerced into repeating these courses sometime in the future. If you are interested, ask Val to put you on a waiting list. Only bigger classes will lure them back.

## END-OF-YEAR PARTY

We have one small change of plan for Friday 5 December. Although the movie booked received great critical acclaim, we had member feedback that you could leave wondering what it was all about. Not a feel-good choice so we have changed to a sure-fire toe-tapper in *Sunshine on Leith*. (Imagine great Edinburgh landscapes and the infectiously enjoyable music of The Proclaimers.) Don't forget the pre-cooked chook challenge for non-cooks.

## IMPORTANT DATES

**TERM 3:** Monday 28 July to Friday 19 September  
**TERM 4:** Monday 13 October to Fri. 5 December  
**Annual General Meeting:** Friday 7 November  
**End-of-year lunch and movie:** Friday 5 December

## AGM AND TENTH BIRTHDAY

Mid term, at 2 pm on Friday 7 November, everyone is invited to attend our Annual General Meeting and Tenth Birthday afternoon tea in the Barbara J. Long room at Clare Town Hall. This is a don't miss event.

Professor Dr Villis Marshall A.C., will speak on a volunteer's view of health in developing countries. A man with many claims on his time, Professor Marshall is determined to make it this year after being an apology in 2013.

We have had some good speakers over the years but never one quite as distinguished and internationally known as Professor Marshall: a world standard urologist, a life-time volunteer for St John at every level, retiring as Deputy Grand Prior, and recently retired general manager of Royal Adelaide Hospital where he improved conditions for patients and staff. Lucky for us he chose to retire in Mintaro.

Photography competition entries will be projected onto the walls and the lucky winner announced. Many groups have yet to enter so don't leave it too late.

As well as photography we would welcome written entries: not an essay, just something short and to the point. Tell us what U3A means to you. It can be a word, a phrase or a sentence or two, signed or anonymous. Try giving us a new slogan.

If you are interested in nominating for a position, talk to me or secretary Beth Smith. I suspect retirements might depend on expressions of interest from new, willing volunteers. All entries should be in the hands of the secretary by 5 pm on the previous Friday.

This is a great opportunity for a couple of members to step forward and become part of the invaluable team which runs U3A Lower North. U3A exists because people volunteer their talents to make the organisation function, whether it be as group leaders, tea makers or committee people. For the last couple of years the committee has been quite a smooth-running machine but we have been short of helpers in recent months. U3As always need new faces coming in to learn the ropes. Would you like a non-committee role of organising the annual Art Exhibition?

Do enjoy the inter-term break and remember to contact Val with any changes (new enrolments, extra classes, dropped classes, change of contact details).

*See you back in the classroom,*  
*Claire*

Friday 7 November

## U3A Annual General Meeting

Starts at 2 pm, Barbara J. Long Room, Clare Town Hall

Guest speaker: Professor Dr Villis Marshall, "A volunteer's view of health in developing countries"

Until recently Professor Marshall was general manager of the Royal Adelaide Hospital and  
Deputy Grand Prior of the Order of St John of Jerusalem

Tenth Birthday Afternoon Tea to follow

(Nominations for election close with Secretary on Friday 31 October 2014)

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Friday 5 December

## U3A End of Year Lunch & Movie

Starts at 12 for 12.30 pm, Blyth Supper Room

Please bring a plate of finger food to share

Movie *Sunshine on Leith* to follow at Blyth Cinema



**U3A** LOWER NORTH INC.

### *2014 AGM Nomination Form*

Office: \_\_\_\_\_ Nominee: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Signed: \_\_\_\_\_

I accept this nomination. Signed: \_\_\_\_\_

To be in the hands of the Secretary by 5 p.m. Friday 31 October 2014

# 2014: FOURTH TERM ACTIVITIES

- Ancestry** via ancestry.com, Diane Richardson, organize time with Diane on 8842 2832.....
- Art**, Gerald Moore, Wed., 9.30 am -1.30 pm, starts 15 Oct., Auburn Recreation Park.....
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 16 Oct., Clare Library.....
- Chess**, Tuesdays 3pm, starts 14 Oct, contact Joey Duncan 8843 4297.....
- Chinese** (spoken Mandarin), Ron Bevan, Mondays 10 am, starts 13 Oct., Domain.....
- Classical Music**, Moira Kleinig, 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays, 2 pm, starts 16 Oct., 2/10 Harriett St, Clare.....
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 15 Oct., venue tba.....
- Computing I**, Quentin Fleming, Tuesdays 12.45-2.45 pm, starts 14 Oct., at Domain.....
- Computing II**, Sue Mayfield, Wednesdays, 10 am – 12 noon, starts 22 October at Domain.....
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, starts 16 Oct., St Barnabas' Church hall.....
- Cryptic Crosswords**, Greta Handmer, alt. Thursdays, 10.30 am, starts 23 Oct., 25 Edward St.....
- Drumbeat**, John Montan, Mondays 10 am, starts 13 Oct., St Barnabas Church hall, Clare.....
- Exercise for Strength I**, Chris Roberts, Tuesdays 9am-10am, starts 14 Oct., St John's rooms, Clare.....
- Exercise for Strength II**, Chris Roberts, Tuesdays 10am-11am, starts 14 Oct., St John's rooms, Clare.....
- Film Group**, Val Tilbrook, 2nd Tues. of month, 2 pm, Blyth Cinema, 14 Oct., to be advised.....
- \*French Back to Basics**, Claire Eglinton, Thursdays, 12-1.15 pm, starts 16 Oct., Domain.....
- \*French**, Claire Eglinton, Thursdays, 1.30-3.30 pm, starts 16 Oct., Domain.....
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 17 Oct., St Barnabas' Church hall, Clare...
- Knitting**, Mary Clark, Wednesdays 2 pm. Starts 15 Oct., at Domain.....
- Mah-jong**, Pam Mitchell, Wednesdays 2-4 pm, starts 15 Oct., St Barnabas' Church hall, Clare.....
- Petanque**, Malcolm Weddle, Mondays 1.30 pm, starts 13 Oct., Catford Park, Clare.....
- Quilting**, Lesley Bray, Thursdays, 10-1, starts 16 Oct., St Barnabas' Church hall, Clare.....
- Scrabble**, Carol Stewart, Mondays 1.15 pm, starts 13 Oct., St Barnabas' Church hall, Clare.....
- Riesling Trail Walk and Talk**, Sue Mayfield, Mondays 9 am starts 20 Oct, meet east end of Lennon St.....
- Walking Group**, Greta Handmer 8842 2065, Mondays 8 am, starts 13 Oct., meet east end Lennon St.....

\*French groups presume some prior learning. Most groups pay small per-session contribution to cover venue hire



**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: Friday 3 October 2014.**

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).

**Suggestions:** \_\_\_\_\_

Enclosed is total payment of \$ \_\_\_\_\_

Payment is for (put number of people in the brackets):

\$15 half-year membership [ ]

Cheques to U3A Lower North Inc., PO Box 480, Clare, 5453; or pay online. (U3A Lower North Inc., No. 39480340; BSB 105 030. Use surname followed by initial, e.g. John Smith = smithj. Emails to u3alownorth@gmail.com)

*All information kept in accordance with U3A Lower North Inc. privacy policy*