



U3A LOWER NORTH

Sharing Skills and Experience with Friends

MARCH 2015 🍷 **TERM TWO**

University of the Third Age Lower North Incorporated

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Dear Members,

Greetings from an eaten-bare hollow in the Clare Valley where hand-feeding is now a daily ritual.

This time last year Lower North was announcing the extension of our activities at the Domain and our little 3-room suite aka our 3 sweet little rooms.

Best use of the Domain is again under Council's eye. We were happy to provide them with figures which I believe show it is better utilised than previously. This term we had seven weekly classes meeting there, plus meetings and office activities.

Although Leanne Kunoth has done research and is ready to report, Council have deferred further discussion until their May workshop meeting.

We hope to achieve some security of tenure, greater freedom of access for ourselves and security for our equipment which has grown significantly thanks to current State government funding.

Group leaders met at the Domain in February which gave us an opportunity to tell them about the new equipment which they are free to use to prepare teaching materials. It is the committee's big opportunity to talk with our group leaders, listen to their concerns and thank them for being the backbone of U3A. We ended the evening with dinner at the Clare Hotel which was such a great success that I can't imagine anyone will want to return to our homey barbecues down at Lakeside.

Remember, anyone with knowledge to share can become a group leader.

Riesling Trail Walk and Talk is back for autumn

Last Spring we had an innovative short-course which appealed to members on many levels. It was an opportunity to learn more about our natural environment, an excuse to get outside and enjoy some fresh air, stretch our legs, commune with nature and have a coffee with new friends.

We didn't walk the Riesling Trail so much as visit interesting sections with experts in the field of botany, geology, bird watching and the history of the track and its many artworks.

We all enjoyed it so much that Sue Mayfield is going to do more sessions next term. It is very informal with no need to be fit. Our experts point out things of interest as we go, then we usually end the session at local cafes for more discussion.

Your guides will be Millie Nicholls (botany), Steve Wicks (geology), Sue Mayfield (trail info) and David Donato will do bird watching this time. David was the advisor on the Trail's Birds brochure. Meet us on Monday mornings, starting 9 am, Monday 27 April, at the car park, eastern end of Lennon Street. There will be 4 sessions covering a mix of old and new ground.

This will raise awareness and appreciation of what can be experienced on the Riesling Trail but also enrich your daily walks wherever you take them.

✿ **Returning in Term 2**

Riesling Trail as mentioned on front page.

Photography with Ian (and Jan) Trengove was in such demand that his 4-week course was immediately repeated and we are already getting enrolments for next term. After the need for this short course is satisfied, Ian has agreed to run an ongoing photography group for all those who want to continue to improve their skills and keep up momentum on their new hobby. That might happen in Term 3.

Hopefully our annual photography competition will be inundated with entries this year. We certainly know who to ask to judge it.

Film Appreciation with Neville Michael now starts at 2 pm. We have all enjoyed lolling about in the new chairs, watching movies of all genres and nationalities and learning about their history and what directors do to make us laugh or make our hearts race. Neville is talking about making us do some work (it will never catch on) by filming a short sequence ourselves. Attendance at this group has been a bit haphazard so we are looking for lots more movie buffs to join us.

✿ **Coming in Term 3**

We are thrilled that Auburn acupuncturist Paul Naughton has agreed to present a course called **Healthy Options**. Paul was a teacher before his current career so he not only has the knowledge but also the ability to present it well.

Third term will see a return of **Creative Writing** with Meredith Appleyard. Since we last saw her, Meredith has become the proud author of the new Penguin release: *The Country Practice*.

Meredith is eminently suited to write a novel in a rural medical setting as she was a registered nurse and midwife and worked in a wide variety of country situations including Royal Flying Doctor as well as London and Vietnam just to put it all in perspective.

Not one to do things by halves, Meredith completed an Advanced Diploma of Arts in Professional Writing to put herself on the right path to assist her career change to published author. Meredith brings all that knowledge to her U3A Creative Writing classes.

If you are curious about the book, it is in the Collins bookshop in Clare and good bookshops everywhere.

Ian Bails is already extending the reach of his new course for Term 3 to cover **Irish culture and language**. To make it a reality, please register expressions of interest with Val.

There is also rumour of **Mosaics** resuming with a new tutor and new venue. Will keep you posted. Again, put your name on the waiting list.

ODDMENTS

Tuesday morning **exercise** classes with Chris Roberts are moving venue again. Term 2 will see them at the Lutheran Church Hall in Sabine Street, Clare. A better venue in every way, especially the chairs.

There is a 9 am session and for the less physically mobile a 10 am session of chair exercises.

Dianne Richardson started helping members with **ancestry** research while she had prime membership of a research website to delve into her own family past. She enjoys doing it so much that this expensive membership has been maintained just for the sake of her students. Of course we can't continue to take advantage of Dianne's generous nature and the committee has set a minimal fee of \$20 per term to be paid to the Treasurer. That will allow us to judge the magnitude of the shortfall. Anyone who has benefited from Diane's research talents in the past, may like to make a similar donation through the Treasurer.

Petanque didn't run last term due to lack of numbers. New faces needed or it will disappear forever.

The knitting group is now the **Knitting and Crochet group**. Some U3As have UFO classes (UnFinished Objects) where members can bring along any project which can be completed while sitting around in a companionable group. Mary Clark is quite happy if people want to bring along their UFOs if they need some incentive to get them finished.

When I dropped in on this class a proud grandmother-to-be was being coached through a difficult cable pattern baby bonnet which her daughter had requested. It was quite a challenge and there was a real sense of achievement in the room.

The **Film Matinee** group had a glimpse into another culture with the March movie *The Lunchbox*. Staying in India, on 14 April it will be *The Second Best Exotic Marigold Hotel*. See how the original characters have adapted to life on the sub-continent.

Quentin Fleming is willing to widen class options for **computing** with perhaps some small groups with just 2 or 3 students and even running evening classes. If the scheduled Tuesday class doesn't fit your diary, do register your interest in these other options.

The committee continues its search for an **Art Exhibition Convenor** for 2015? We need someone to take overall charge and liaise between all parties.

Welcome to all our new members. I hope you are really enjoying your various U3A activities.

*See you back in the classroom,
Claire*

FLINDERS UNI STUDIES US

Jaimee Garrett of Mid North Knowledge Partnership (a Flinders University outpost in Burra) recently presented their research on internet technologies and the wellbeing of older people in Clare. The team of researchers conducted interviews with older residents in the Clare region, and organisations, such as U3A, that support them, as a way of determining their level of engagement with digital technologies.

Anyone who doesn't use computers is at increasing disadvantage in receiving all sorts of information whether it is from government or within their own family. It is never too late to learn and U3A and the Clare library are where you can find assistance.

Eventually technology touches everyone:

*I had written him a text
Which I'd sent, hoping the next
Time he came in mobile coverage
He'd have time to say hello.
But I'd heard he'd lost his iPhone,
So I emailed him from my phone,
Just addressed, on spec, as follows:
clancy@theoverflow*

*And the answer redirected
Wasn't quite what I'd expected
And it wasn't from the shearing mate
Who'd answered once before.
His ISP provider wrote it
And verbatim I will quote it:
'This account has been suspended:
You won't hear from him no more.'*

*In my wild erratic fancy
Visions come to me of Clancy:
Out of reach of mobile coverage
Where the Western rivers flow.
Instead of tapping on the small screen,
He'd be camping by the tall green
River gums a pleasure
That the town folk never know.*

*Well, the bush has friends to meet him
But the rest of us can't greet him:
Out there, even Telstra's network
Doesn't give you any bars.
He can't blog the vision splendid
Of the sunlit plains extended
Or tweet the wondrous glory
Of the everlasting stars.*

*I am sitting at the keyboard
And I'm too stressed out to be bored
As I answer all the emails
By the deadlines they contain
While my screen fills with promotions
For 'Vlaggra' and strange potions
And announcements of the million-dollar
Prizes I can claim.*

*But the looming deadlines haunt me
And their harrying senders taunt me
That they need response this evening
For tomorrow is too late!
But their texts, too quickly ended,
Often can't be comprehended
For their writers have no time to think
They have no time to wait.*

*And I sometimes rather fancy
That I'd like to trade with Clancy:
Just set up an email bouncer
Saying 'Sorry, had to go.'
While he faced an inbox jamming
Up with deadlines and with spamming
As he signed off every message:
clancy@theoverflow*

FEES AND ENROLMENTS

Membership fees (\$25) fell due in February so if you haven't paid yet you are well and truly unfinancial. Please remember to re-enrol and pay at the beginning of **every** year (no carryover enrolments).

Once enrolled for the year, if you want to drop out of a course, again let us know. Others may be waiting for that place.

BIRTHDAY BOX

In the Domain cupboard with the tea things is what I call the birthday box. It contains cake server, platter, pizza cutter, etc., for any sort of informal celebration your group might hold.

Please feel free to use it anytime. Just return contents to their original place. Thanks.

2015 U3A CALENDAR

2015 has four 8-week terms divided by 4-week gaps. If meeting outside these dates please inform the secretary for insurance reasons.

TERM 1: Monday 2 February to Monday 30 March

TERM 2: __ Monday 27 April to Monday 22 June

TERM 3: Monday 20 July to Friday 11 September

TERM 4: Monday 12 October to Fri. 4 December

Annual General Meeting: __ Friday 6 November

End-of-year lunch & movie: __ Friday 4 December

2015: SECOND TERM ACTIVITIES

- Ancestry** via ancestry.com, Diane Richardson, organise time with Diane on 8842 2832, \$20 per term** _____
- Art**, Gerald Moore, Wed., 9.30 am -1.30 pm, starts 29 April, Auburn Recreation Park _____
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 30 April., Clare Library _____
- Chess**, Joey Duncan 8843 4297, Tuesdays 3pm, starts 28 April, Essington Mews Hall _____
- Chinese** (basic spoken Mandarin), Ron Bevan, Mondays 10 am, starts 27 April, Domain. _____
- Classical Music**, Moira Kleinig, 1st, 3rd and 5th Thursday, 2 pm, starts 30 April, 2/10 Harriett St, Clare _____
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 22 April, at Mr Mick's _____
- Computing**, Quentin Fleming, Tuesdays 1-3 pm, starts 28 April, Domain _____
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, starts 30 April, St Barnabas' Church hall _____
- Cryptic Crosswords**, Greta Handmer, alt. Thursdays, 10.30 am, starts 7 May, 25 Edward St _____
- Drumbeat**, John Monten, Mondays 10 am, starts 27 April, St Barnabas Church Hall, Clare _____
- Exercise for Strength I**, Chris Roberts, Tuesdays 9am-10am, starts 28 April, Lutheran Church hall, Sabine St _____
- Exercise for Strength II**, Chris Roberts, Tuesdays 10am-11am, starts 28 April, Lutheran Church hall, Sabine St _____
- Film Appreciation**, Neville Michael, Wednesdays 2-4 pm, starts 29 April, Domain _____
- Film Matinee**, Val Tilbrook, 2nd Tues. of month, 2 pm, Blyth Cinema. 14 April _____
- *French Back to Basics**, Claire Eglinton, Thursdays, 12-1.15 pm, starts 30 April, Domain _____
- *French**, Claire Eglinton, Thursdays, 1.30-3.30 pm, starts 30 April, Domain _____
- Furniture Restoration, etc.**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 29 April, Blyth _____
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 24 April, St Barnabas' Church hall _____
- Knitting & Crocheting**, Mary Clark, Wednesdays 2 pm, starts 29 April, Domain _____
- Mah-jong**, Pam Mitchell, Wednesdays 2-4 pm, starts 29 April, St Barnabas' Church hall, Clare _____
- Petanque**, Malcolm Weddle, Mondays 1.30 - 3.30 pm, starts 27 April, Catford Garden, Clare _____
- Photography**, Ian Trengove, Mondays 2 pm, 4 weeks, 18, 25 May, 1 & 15 June, Domain _____
- Quilting**, Lesley Bray, Thursdays, 10-1, starts 30 April, St Barnabas' Church hall, Clare _____
- Riesling Trail Walk & Talk**, Sue Mayfield, Mondays 9 am, 27 April, 4, 11 & 25 May, meet east end Lennon St _____
- Scrabble**, Carol Stewart, Mondays 1.15 pm, starts 27 April, St Barnabas' Church hall, Clare _____
- Walking Group**, Lorraine Thompson 8842 3016, Mondays 8 am, starts 27 April, meet east end Lennon St _____
- ** Fee payable to our Treasurer in same manner as annual subscription, *French 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: Friday 17 April 2015.**

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): _____ \$25 membership []; \$20 ancestry []

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)

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