



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JUNE 2015 🍎 **TERM THREE**

University of the Third Age Lower North Incorporated

🍎 Post Office Box 480, Clare, South Australia, 5453 🍎

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Dear Members,

Greetings from a green-again hollow in the Clare Valley though the ponies still expect daily feeds.

We are still on tenterhooks awaiting a decision on our tenure at the Domain, 204 Main Street. The saga continues as councillors are now reviewing all Clare council properties and their use. Council has been very supportive of our cause and many councillors recognize the service we provide for residents throughout the district so we have faith in them ensuring we are not left disadvantaged.

Many sectors have paid social workers catering for their needs but thanks to the spirit of volunteering and the international U3A template, we can cater for our own needs with minimal support. Venues, however, are a constant headache for the whole U3A network. Those districts which have flourishing U3As have invariably been supported by Local Government in providing suitable venues.

In the meantime Council has approved Quentin Fleming's work safely anchoring the TV to a wall in the large teaching space which will please students in several classes.

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

I'm looking forward to returning to my own fireside after another stint in the city. Hope you are all keeping warm and snug too.

*See you back in the classroom,
Claire*

OPPORTUNITY TO BE INVOLVED

The AGM isn't until Term 4 (Friday 6 November), but the committee is already making preliminary plans and has found an entertaining speaker.

Seven of the eight committee positions come up for renewal this year and at least a couple of members are looking to retire if we can find suitable replacements.

Committees always benefit from regular injections of new blood and fresh ideas so do think about what contribution you are willing to make to U3A. There are a couple of positions available with no special duties attached and it augers well for U3A's future if they are filled by new faces who have the skills to hold office in the future.

The committee meets twice each term. If you would like to help in other ways without going on the main committee, do let Beth or Claire know and they will find something to suit your talents.

Quentin Fleming now monitors our mobile phone (0447 601 142) which will be the new number to call for all course enquiries. Start making the switch away from Val's private number.

Quentin has extended his teaching load to two **computing** groups: Tuesday afternoons and Wednesday mornings. Between that, being an active member of the committee and gradually taking on more responsibilities of course co-ordinator leading up to the official handover at the AGM, Quentin is definitely earning himself some gold stars. We won't allow him to retire too soon.

✿ **New Courses for Term 3**

This term will see a total of 26 courses offered.

What a joy when someone approaches us unprompted and offers to run a course. Thanks to Anne Smith we are now able to offer a course in **Meditation**.

Anne has over 40 years' experience working in the field of health care as both a registered nurse and professional counsellor. As part of her role as a nurse, Anne coordinated the Complementary Care Centre at Daw House Hospice from 1996 to 2001.

Currently Anne works for the Cancer Council SA providing information and support to people diagnosed with cancer and their families.

After many years of personal practice and study Anne is now a certified meditation guide.

On his return from overseas travel, Ian Bails will be starting his new **Irish culture and language** group at Essington Mews.

Film Appreciation with Neville Michael is again available after Neville took a break in Term 2 to relearn the contours of a tractor seat. I suspect course content will depend on whether we receive a lot of new enrolments or students continuing from Term 1.

✿ **Coming in Term 4**

Riesling Trail walks. There was insufficient response to run this in Term 3 so we have deferred until warmer weather.

Val is also planning on a return of **Creative Writing** with Meredith Appleyard and **Decluttering** with Pam Mitchell. Both these subjects received glowing reports when first delivered so I suggest you put your name on the waiting lists.

Photography with Ian Trengove will return after taking a one-term break.

Health Options with **Paul Naughton** which was originally promised for Term 3 had to be deferred as Paul currently needs to give full attention to his own health. Hopefully it will start in Term 4. In the meantime, our very best wishes to Paul.

If you want to play **Petanque** when winter is over, put your name on a list with Val or Quentin. It is so much fun it would be a pity to see it gone forever.

✿ **Photography competition**

Everyone is welcome to enter the annual U3A photo competition. Photos to show any U3A group in action and winner announced at AGM. Make sure your group is amongst those displayed on the big screen at Blyth cinema in December.

ODDMENTS

Tuesday morning **exercise** classes with Chris Roberts are now comfortably settled into the Lutheran Church Hall in Sabine Street, Clare.

Is there no end to Mary Clark's ambition? Mary started instructing one person in the art of knitting in 2014. Last term the group expanded to include crocheting. In the coming term it will be the **Knitting, Crocheting and Sewing** group. No doubt world domination will be next. Well done Mary.

Christopher Pyne might want maths and science made compulsory, but after watching a young mother slop through puddles in a local car park dragging torn and bedraggled legs of her track pants behind her like the feathers on the legs of an unkempt draught horse, my vote is for compulsory hemming instruction.

Film Group members enjoyed a magnificent cast in the quirky and original *My Old Lady* on 9 June. Val tells me that *Woman in Gold* is next on the programme.

Woman in Gold is the remarkable true story of one woman's journey to reclaim her heritage and seek justice for what happened to her family.

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's *Portrait of Adele Bloch-Bauer I*. With the help of young lawyer (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

While it is based on a fascinating true story and Helen Mirren acts superbly, the directing by Simon Curtis is described as lacklustre. See what you think. (If you are not sure what you think, join the Film Appreciation group.)

The committee continues its search for an **Art Exhibition Convenor**. It has been decided not to take part in the SALA festival in August though there may be an event later in the year. It is really a set formula but it would benefit from someone taking overall charge and hopefully adding their own particular flair.

Twelve of Gerald Moore's **art group** participated in the Clare Rotary Art Show and, I'm informed, showed some very good work. Well done to Gerald and students.

History group is sticking close to home this term with no bus outings scheduled. Any member can let us know if they want special interest outings.

Last issue we did discuss the need for some sort of financial contribution from those making use of the **Ancestry.com** website subscription. The committee's ruling on this matter wasn't applied at the time so I believe a few beneficiaries of this scheme are now receiving belated reminders.

The ever-obliging Dianne Richardson doesn't like asking for money but the committee has stepped in and all payments go direct to the Treasurer, Peter Wood. At the end of the year we should be able to judge how much U3A should contribute and if we can justify this rather expensive subscription. We certainly hope so, as Dianne not only provides a great service to fellow members but also has a great passion for what she does. Many people enjoy discovering their own family tree but Dianne is the first person I have met who seems just as passionate about discovering the family history of a complete stranger. The committee has set a minimal fee of \$20 per term.

LIVING WITH ALZHEIMER'S

The Alzheimer's Australia SA Resource Library supports family carers, people living with dementia, health professionals, and community care workers by providing free access to quality dementia-related consumer health information and resources.

Members can borrow up to 10 items for 4 weeks, including books, DVDs and activities from the Library located at 27 Conyngham St, Glenside.

For more information or to join contact Sue on 8372 2100 or email sa.resourcecentre@alzheimers.org.au.

THE BENEFITS OF BRIDGE

Our Contract Bridge group now has 13 members. It might acquire even more if everyone knew what that most-widely-read author of the 1930s Somerset Maugham had to say about the game:

Bridge is the most entertaining game that man has ever devised. I would have children taught it as a matter of course, just as they are taught dancing; in the end it will be more useful to them, for you cannot with seemliness continue to dance when you are bald and potbellied; nor, for that matter, can you with satisfaction to yourself or pleasure to your partner continue to play tennis or golf when you are well past middle age.

But you can play bridge so long as you can sit up at a table and tell one card from another.

In fact, when all else fails – sport, love, ambition – bridge remains a solace and an entertainment.

I must protest. Our bridge players are not balding or potbellied . . . though our treasurer does play.

STATE U3A ALLIANCE

Our home for a recent 4-day stretch was the Jubilee Pavilion at Wayville Showgrounds where our State Alliance funded a stand promoting U3A at the Retirement Lifestyle Expo. It was a great excuse to meet a lot of nice people from other U3As but we would have liked to see more of the general public through the doors.

The Alliance is a support network for all U3As in this State and is soon to be re-christened U3A South Australia. Thanks to a 4-year funding deal from the current State government, the Alliance has been able to commission a professional website which links to all existing U3A websites. You can check it out at www.u3asouthaustralia.org.au. You might spot some familiar faces amongst the paid models.

Other benefits of the co-ordinated marketing campaign have been new brochures, bookmarks, banner and professionally produced logos for each U3A to help them with their own marketing and printing jobs.

This year U3A Lower North hopes to take advantage of grant money channelled through the Alliance to do our own brochure printing and some new signage once we have a decision from Council.

PAYMENTS

As we are over the half-year mark, new membership has fallen to \$15 for the remainder of 2015.

If you won't be continuing, please tell your group leader or course coordinator. Others may be waiting for that place.

To make payments:

- post cheques made out to 'U3A Lower North Inc.' to 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)

2015 U3A CALENDAR

2015 has four 8-week terms divided by 4-week gaps. If meeting outside these dates please inform the committee 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: THIRD TERM ACTIVITIES

- Ancestry** via ancestry.com, Diane Richardson, private sessions by appointment, \$20 per term** _____
- Art**, Gerald Moore, Wed., 9.30 am -1.30 pm, starts 22 July, Auburn Recreation Park _____
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 23 July, Clare Library _____
- Chess**, Tuesdays 3pm, starts 21 July, Essington Mews hall _____
- Chinese** (basic spoken Mandarin), Ron Bevan, Mondays 10 am, starts 20 July, Domain. _____
- Classical Music**, Moira Kleinig, 1st, 3rd and 5th Thursday, 2 pm, starts 30 July, 2/10 Harriett St, Clare _____
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 22 July, Clare Rise Bakery _____
- Computing Tuesday**, Quentin Fleming, Tuesdays 1-3 pm, starts 21 July, Domain _____
- Computing Wednesday**, Quentin Fleming, Wednesdays 10 am – 12 noon, starts 22 July, Domain _____
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, starts 23 April, St Barnabas' Church hall.. _____
- Cryptic Crosswords**, Greta Handmer, alt. Thursdays, 10.30 am, starts 30 July, 25 Edward St _____
- Drumbeat**, John Monten, Mondays 10 am, starts 20 July, St Barnabas Church Hall, Clare _____
- Exercise for Strength I**, Chris Roberts, Tuesdays 9am-10am, starts 21 July, Lutheran Church hall, Sabine St _____
- Exercise for Strength II**, Chris Roberts, Tuesdays 10am-11am, starts 21 July, Lutheran Church hall, Sabine St _____
- Film Appreciation**, Neville Michael, Wednesdays 2 pm, starts 22 July, Domain _____
- Film Group**, Val Tilbrook, 2nd Tues. of month, 2 pm, Blyth Cinema. _____
- *French Back to Basics**, Claire Eglinton, Thursdays, 12-1.15 pm, starts 23 July Domain _____
- *French**, Claire Eglinton, Thursdays, 1.30-3.30 pm, starts 23 July, Domain _____
- Furniture Restoration, etc.**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 22 July, Blyth _____
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 24 July, St Barnabas' Church hall _____
- Irish Language & Culture**, Ian Bails, Essington Mews hall, day and time to be advised _____
- Knitting, Crocheting & Sewing**, Mary Clark, Tuesdays 2 pm, starts 21 July, Domain _____
- Mah-jong**, Pam Mitchell, Wednesdays 2-4 pm, starts 22 July, St Barnabas' Church hall, Clare _____
- Meditation**, Anne Smith, Tuesdays 10-11.30 am, starts 21 July, Domain _____
- Quilting**, Lesley Bray, Thursdays, 10-1, starts 23 July, St Barnabas' Church hall, Clare _____
- Scrabble**, Carol Stewart, Mondays 1.15 pm, starts 20 July, St Barnabas' Church hall, Clare _____
- Walking Group**, Lorraine Thompson 8842 3016, Mondays 8 am, starts 20 July, 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, at P.O. Box 480, Clare SA 5453, or 0447 601 142, or u3alowernorth@gmail.com. **Deadline: Friday 10 July 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 for (put number of people in the brackets): \$15 half-year membership []; \$20 ancestry []

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