



U3A LOWER NORTH

Sharing Skills and Experience with Friends

DECEMBER 2014 🍷 TERM ONE 2015

University of the Third Age Lower North Incorporated

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Dear Members,

Greetings from a hollow in the Clare Valley which is gratefully soaking up a little late rain in a break between some too-hot too-early days. ‘

This issue is being rushed to you so you can book for our end of year lunch and film. See details opposite.

The AGM ran smoothly and, being our tenth birthday, it was a special occasion. Val Tilbrook has announced she will retire as Course Co-ordinator at the next AGM. Over the coming year Val will mentor and progressively hand over duties to Quentin Fleming.

New treasurer Peter Wood gave his debut financial report showing the committee have produced a small surplus for the year despite extra expenses.

Only one position was up for grabs this year. A nomination was in the hands of the secretary prior to the event so there was no need to call for nominations from the floor. Justin Brady was re-elected unopposed. This system of calling for nominations before the meeting does mean members can attend free of any fear of being guilting into a job.

One would think that would lead to a better attendance but unfortunately not. Our high profile speaker certainly deserved a larger audience.

Professor Dr Willis Marshall AC, was originally scheduled to speak at our previous AGM and we were so glad that this year he made it. With Ebola headlining every news report, we couldn't have found a more topical subject than that of providing health care in developing countries.

End of Year Lunch & Film

Friday 5 December will be our final day for the U3A year with lunch, 12 for 12.30, at the Blyth Hall supper room. Please bring a generous plate of finger food suitable for sharing. Soft drinks provided.

After lunch and a chat (remember name tags), it's on to the air-conditioned cinema for *Sunshine on Leith*.

Two Scottish soldiers return from Afghanistan, home to Leith (Edinburgh, Scotland) to the warm embrace of their families in an adaptation of the stage musical of the same name, featuring songs by The Proclaimers. [The Proclaimers were born in Leith and 'Sunshine on Leith' is widely known and sung by crowds of over 50,000 at football matches.]

Director "Fletcher packs this one with a sense of street life. The flash mob finale, with what looks like 500 dancing Edinburghers, is about the most fun I've had in a cinema this year."

The committee have decided to subsidise the day, keeping pricing down to the old \$10 while retaining paid help in the kitchen.

We are looking forward to seeing you there, so **please get your bookings to Val or Beth as soon as possible** and mention if you need a lift. (Just attending the lunch or the movie is an option.)

Taking time to catch up with everyone and thank group leaders is an excellent way to round off the U3A year. We don't have many opportunities to come together as a group so don't miss out.

Prof. Marshall started with a brief history of St John. He has been an active member for 56 years, including time in its highest offices, but the body started in 1023, at one stage with its own military wing.

The speech soon progressed to the challenges of supplying health care in countries such as Fiji, the Solomons, PNG, Singapore, India and Zimbabwe. Difficulties are presented by politicians and poverty; ambulances stripped of fittings, even wheels; skyscrapers lacking lifts; bloody-minded despots and an entire generation missing through AIDS.

No rosy-eyed do-gooder, Prof. Marshall talked about the futility of saving babies if a society lacked the ability to raise them to adulthood. Health care is only one piece in a greater jigsaw puzzle of employment, education and political will.

It was invaluable to hear an expert's opinion on the Ebola crisis and Australia's response which had been announced only a few days prior.

Prof. Marshall stayed to chat over afternoon tea. Val Tilbrook cut the yummy Black Forest birthday cake.

NEW COURSES:

✿ Film Appreciation

Please don't confuse this with our **Film Group** which meets monthly for a matinee viewing at Blyth cinema. **Film Appreciation** is for people who want to deepen their understanding of this art form, from its early history to future possibilities. It will examine film output from Hollywood, Australian and Europe as well as looking at the various genres and skills involved in film making: editing, plotting, etc.

Tutor Neville Michael studied drama, screen studies and English at Flinders Uni. He has a wealth of knowledge to pass on but he promises it will be a fun experience, livened up with film clips and possibly even a little film making.

(Perhaps there is a possibility of an ongoing group here. Mt Gambier U3A's Film Making Group has produced some excellent short films.)

✿ Photography

Passionate amateur photographer Ian Trengove will lead a 4-week course with basic, helpful hints on taking better photos.

If you have ever taken a photo and found the subject too far away, too bright, too blurry or just plain disappointing, then this course is for you. Yes, it might have been designed for me too. Bring your camera (and perhaps the instruction manual).

ODDMENTS

If you were impressed by Jo Fuller's work in this year's art exhibition (a beautifully restored nursing chair plus cheese boards, etc., crafted from old wine vats), Barrie Smith's **Furniture Restoration, Woodworking and French Polishing group** always has vacancies for new members.

Knitting, Petanque and **Chess** groups would all welcome more members. Please tell your friends.

The **exercise** classes run by Chris Roberts are proving very popular with new enrolments coming in all the time. There is a 9 am session and for the less physically mobile a 10 am session of chair exercises.

Ian Bails is willing to take an **Irish language** course in Term 3, 2015. To make it a reality, please register expressions of interest with Val.

There will be some changes in personnel in 2015.

Thank you to **Sue Mayfield** who has been involved in the teaching of computing since our very beginning. Sue has called it quits on **computing**, happy to hand over duties to Quentin Fleming. This term Sue organized our **Riesling Trail Walks** and she has promised more of the same in Term 2, 2015.

Mosaics has finished for good. Many thanks to **Halima Northeast** who has not only been leader but also hosted the two groups within her own home. Her efforts on behalf of U3A will be much missed.

Greta Handmer will be keeping up her leadership of **Book Group** and **Cryptic Crosswords** but has handed over the **Walking Group** into the care of Lorraine Thompson. Thanks Greta. You have set a high standard and awe-inspiring example.

Does anyone want the title of **Art Exhibition Convenor** for 2015? It deserves someone willing to take overall charge and liaise with the committee.

Group Leaders have a date to put in their 2015 diary. We will be having our annual catch-up between committee and group leaders early in the New Year and we have pencilled in **Monday 24 February**. This year we are looking at a different venue for a catered meal. We will probably gather at the Domain, have a drink and nibbles while checking out the new purchases which you can use to prepare course materials and then walk on to our dinner venue.

Best wishes for the festive season and fill in those forms so we can continue working on a great 2015.

*See you at Blyth,
Claire*

SNAP! WHAT A PICTURE!

Pat Ballantyne, once again judged the photo contest. The colourful entries were projected onto the wall and the winner announced at the AGM.

There was stiff competition including a great group shot of Coffee and Chat members in golden light, French students slurping Moet at their Bastille Day lunch, Gail Gago dropping in on the Decluttering class, Val appearing to officiate at a funeral with the history group, and the Quilting group featured again with a magnificent example of their work.

The winner was selected because Pat felt it best embodied the U3A motto of "Staying active: mentally, physically and socially". Taken by Sue Mayfield, it showed 3 students, notes in hand, listening to geologist Steve Wickes in front of an interesting rock formation on the Riesling Trail.

Thank you to everyone who submitted photos. There was great variety in them this year. Well done!

Next year we hope to be overwhelmed with entries thanks to our photography group starting in Term 1.

DID YOU KNOW?

Mandarin is the most spoken second language in Australia. Glad we teach it.

Dementia is the third leading cause of death in Australia. There is no cure. We hope for prevention by keeping to the U3A motto of 'Staying active: mentally, physically and socially'.

Social isolation is as important a risk factor for chronic diseases as tobacco and alcohol. Friends are only mortal so make sure you have lots..

ANNUAL MEMBERSHIP FEE

Unchanged since 2004 and still a bargain at \$25, membership fees fall due in February. You won't need a reminder in the New Year if you enclose payment with your enrolment or end-of-year lunch booking.

Payments can be made:

- at the lunch before 12.15 (place exact money and completed booking slip inside an envelope); OR
- 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) OR
- treasurer Peter Wood will be in the Domain office on Friday 16 January 2015, from 10 am to 2 pm accepting payments in person.

2015 U3A CALENDAR

2015 has four 8-week terms divided by 4-week gaps because we know holiday time is a priority for many.

If meeting outside these dates please inform the committee for insurance reasons.

TERM 1: Monday 2 February to Monday 30 March
Group Leaders Evening: ___ ?? Monday 23 February

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

End-of-Year Break-up Lunch & Film

Friday 5 December 2014

Blyth Supper Room & Blyth Cinema

Film: 'Sunshine on Leith'

Lunch 12 for 12.30 pm (Payments to be completed before 12.15)

Please bring a generous plate of finger food to share

\$10 a head, contact Val or Beth to book (mention if you need transport)

\$2 option for lunch only, or \$8 for movie only. Booking slip over page with enrolment

2015: FIRST 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 4 February, Auburn Recreation Park _____
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 5 Feb., Clare Library _____
- Chess**, Tuesdays 3pm, starts 3 February, Joey Duncan 8843 4297 _____
- Chinese** (basic spoken Mandarin), Ron Bevan, Mondays 10 am, starts 2 February, Domain. _____
- Classical Music**, Moira Kleinig, 1st, 3rd and 5th Thursday, 2 pm, starts 5 February, 2/10 Harriett St, Clare _____
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 4 February, venue tba. _____
- Computing**, Quentin Fleming, Tuesdays 1-3 pm, starts 3 February, Domain _____
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, starts 5 Feb., St Barnabas' Church hall.. _____
- Cryptic Crosswords**, Greta Handmer, alt. Thursdays, 10.30 am, starts 5 Feb, 25 Edward St _____
- Drumbeat**, John Monten, Mondays 10 am, starts 2 February, St Barnabas Church Hall, Clare _____
- Exercise for Strength I**, Chris Roberts, Tuesdays 9am-10am, begins 17 February in St John's rooms _____
- Exercise for Strength II**, Chris Roberts, Tuesdays 10am-11am, begins 17 February in St John's rooms _____
- Film Appreciation**, Neville Michael, Wednesdays 1-3 pm, starts 4 February, Domain _____ ✨
- Film Group**, Val Tilbrook, 2nd Tues. of month, 2 pm, Blyth Cinema. 10 Feb. film tba _____
- *French Back to Basics**, Claire Eglinton, Thursdays, 12-1.15 pm, starts 5 February, Domain _____
- *French**, Claire Eglinton, Thursdays, 1.30-3.30 pm, starts 5 February, Domain _____
- Furniture Restoration, etc.**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 4 February, Blyth _____
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 6 February, St Barnabas' Church hall _____
- Knitting**, Mary Clark, Wednesdays 2 pm, starts 4 Feb. _____
- Mah-jong**, Pam Mitchell, Wednesdays 2-4 pm, starts 4 February, St Barnabas' Church hall, Clare _____
- Petanque**, Malcolm Weddle, Mondays 1.30 - 3.30 pm, starts 2 February, Catford Garden, Clare _____
- Photography**, Ian Trengove, Mondays 2 pm, starts 2 February for 4 weeks only, Domain _____ ✨
- Quilting**, Lesley Bray, Thursdays, 10-1, starts 5 Feb., St Barnabas' Church hall, Clare _____
- Scrabble**, Carol Stewart, Mondays 1.15 pm, starts 2 February, St Barnabas' Church hall, Clare _____
- Walking Group**, Lorraine Thompson 8842 3016, Mondays 8 am, starts 2 February, meet east end Lennon St _____
- ✨ New Courses; *French groups presume some prior learning.



PLEASE RETURN lunch & film bookings to Course Co-ordinator, Val Tilbrook, by Monday 1 December at P.O. Box 480, Clare SA 5453, or phone 8842 2465, mobile 0448 183 748, or email valtil@bigpond.com. **Enrolments accepted until Monday 26 January 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).

2014 END OF YEAR LUNCH & FILM

I will be attending the U3A lunch (12 for 12.30) & film on Friday 5 December with _____ guests.

If paying at event (before 12.15 please), put this slip and exact money in envelope to speed processing.

Enclosed is total payment of \$ _____

This is for (number of people go in brackets): \$25 membership []; \$2 lunch only []; \$8 film only []

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