



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2016 🍷 **TERM TWO**

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 brown hollow in the Clare Valley which is just showing a first blush of green.

Sometimes I feel as if I am on a roundabout. This time last year I was talking about conversations with Council on our future at the Domain and yet again it is occupying our attention. The Colours of Clare series of meetings seemed to give overwhelming support to our tenure at the Domain but now we find ourselves writing a submission to Council on our need for this central base for our activities which now cover many venues throughout the Valley.

Speaking of which, we have received positive comments about our new activities in Auburn. It doesn't happen without some local support and that came from Cherie Harvey of the Auburn Courthouse. In addition to our Art group which for many years has met at the Auburn Recreation Ground, there is now Petanque playing in the local park, a Thursday walking group led by the indefatigable Helen Smith, and Mah-jong with Sue Beaton at the Courthouse.

Meditation and Knitting didn't go ahead due to low enrolments. Our knitting guru, Mary Clark, will be overseas for much of the coming term but we hope to offer the option of an Auburn knitting group again in Term 3. The Clare group started with one student but now overflows from their small room and Mary says it really should be called Knit and Natter as it has become very social. People are welcome to bring along any handcraft they want to devote some time to finishing. Some U3As call these UFO groups. UFOs: UnFinished Objects.

Why not visit our website?

www.u3alownorth.webs.com

Most things you want to know about U3A Lower North are on our website.

It includes:

- A downloadable enrolment form
- Our policies on privacy, publicity, medical emergencies, etc.
- Notice of upcoming outings
- Reviews of coming films
- A short bio of committee members so you always know who's who;
- Current and back copies of this newsletter
- U3A history explained
- Current courses
- Photographs of U3A members in action

The website is a mine of information: not flashy, but simple to navigate and find what you need.

APOLOGIES EXPECTED

Leaders, especially of small groups, deserve to be informed as early as possible if you cannot attend. It may affect their lesson plan, photocopying, or even if the class is held at all. If you are enrolled, they are expecting you so notify them of absences and drop outs. Remember all leaders are volunteers who themselves make sacrifices to attend.

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IF SOMEONE COLLAPSES

Sometimes people dither and don't know what to do if someone collapses. Have they just fainted? Should I fetch a glass of water? Should we ring her family?

It is now U3A Lower North policy that an ambulance should be called if any U3A member collapses.

We want all members to be aware of this as it may incur some expense so it is up to us all to make sure we have appropriate ambulance cover.

We are not in the business of promoting insurance but we certainly don't want any of our members getting a nasty shock from their bill or to enter into any debates about who should pay it.

This is what the Ambulance SA website says:

Ambulance costs are not covered by Medicare.

Some private health insurance policies do cover the cost of an ambulance, but it is vital that you read all terms and conditions of your private insurance provider. Many private health insurance schemes only cover you and your family for emergency ambulance services or for a limited number each year.

Many illnesses or injuries require additional patient transportation which is classified as 'non-emergency'. E.g. for tests, ongoing treatment or transfer to another hospital.

We strongly recommend checking with your private health insurance provider to find out if you are covered for ambulance [and to what level].

We encourage all South Australians who are not covered by private health insurance to take out Ambulance Cover.

The expert treatment, transport and medical monitoring provided by ambulance personnel costs over \$700 in an emergency. This amount is less in non-emergency cases.

Cost of ambulance insurance cover provided by Ambulance SA: Single \$78, Family \$155, Pensioner Single \$47.25, Pensioner Family \$94.

When you think of what a transfer to a city hospital might cost, \$47 sounds like a good deal.

FRENCH FRESH START

The French Basics group mostly learn from audio lessons by a native French speaker. These don't always coincide with term starts. Term 2 will see the learning cycle start from scratch. It is an opportunity for real beginners to start but anyone who didn't do it at school will need to be very motivated and prepared to put in extra hours. This is not 'tourist French' though we do try to help travellers.

GROUP LEADERS

We are currently in need of people who have mastered iPads or tablets and could coach others. Sometimes we don't know what we need until the person presents themselves. That is why we have such a wonderfully eclectic mix.

Our Group Leaders are special people who through their efforts make U3A possible. The U3A movement is based on the fact that within any community, there are people who have knowledge or an ability which, if asked, they are willing to share with others. If you feel you have special knowledge, ability or a passion you wish to share, you too can become a U3A Group Leader. Just contact any committee member.

Back in February most Group Leaders met with the committee for drinks and update on procedures before heading on to dinner at the Clare Hotel. This format has won approval with everyone, especially the committee who no longer have to do the catering.

PAPERWORK

Recently a lot of enrolment forms from new members haven't been filled in completely which means our busy Course Coordinator needs to chase them up.

Full contact details, especially of email addresses, allow us to send this newsletter to you swiftly, cheaply, in colour and with live links; and notify you of changes to dates and venues.

Information on countries of origin are useful when compiling grants. Year of birth is very important to us. It allows us to calculate the average age of our members. A few years ago it was 75 and now it is 71. Keeping that number steady or decreasing denotes a regular intake of younger members to ensure long-term viability of U3A Lower North. It is easy to keep bringing in mates our own age, forgetting that we are getting older and U3A requires a constant flow of energetic members willing to become group leaders and committee members.

Once we have this information there is no need to provide it again unless there are changes.

Likewise the Secretary needs completed attendance sheets so we can calculate teaching hours and estimate how much money is going to venues through member payments of \$1 per session. It allows us to forward plan and find cheapest options.

Thanks for your cooperation on these matters.

*See you back in the classroom,
Claire*



The team from The Great Australian Story has been in touch with us to introduce the Great Australian Story <http://www.greataustralianstory.com.au> and to ask if our members will contribute to it.

The Great Australian Story is a resource for those interested in Australia, its history and way of life, as it builds a picture of who we are in our own words - by way of short stories.

In brief the guidelines are:

1. Short stories written by an Australian about a real-life experience.
2. The story reflects a personal experience or perspective, and can be about anything (childhood memories to school, races, sports, war, travelling and so on).
3. Up to 1800 words.

An author can publish several stories, and you also retain ownership and copyright of your own material.

Even if you don't contribute, the website is worth a visit as many of the stories already available make interesting reading and let us know about the life and times of our forebears. Those I read reminded me that not all was rosy in the horse and carriage era.

I do have more information on file if you need it.



Here's a timely story which may or may not be true.

Last April, after much deliberation, a guy bought a magnolia tree from his local nursery. After only a few weeks he noticed that the leaves had started to shrivel and the tree appeared to be on its last legs in spite of his tender care.

Taking a leaf sample he marched back to the nursery to demand an explanation or get his money back.

"I know exactly what's wrong with your magnolia," said the woman in the nursery.

"Good!" he exclaimed. "What's it suffering from?"

His cheeks did turn a nice shade of red when she said "Autumn."



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FIND A PARKING SPACE

The State Government has developed a free mobile phone app to help people with a disability and who hold a disability parking permit, to locate and share accessible parking spaces around SA.

The app is free and provides up to date information about the location and type of accessible car parks in both regional and metropolitan areas. Information can be searched by postcode or address.

Further details about the parking spot (e.g whether it is metered) are also available. Not all accessible parks are listed as yet, but more and more are being added each week.

The BlueBays app is now available from the Apple App Store and Google Play and can be downloaded on iPhones, iPads and Android devices.



OUTINGS

Before the official start of the U3A year, a small group travelled to the city to an exhibition of costumes from the popular TV series Miss Fisher's Murder Mysteries at Ayer's House, North Terrace, organized by committee person Pauline Reid.

It has been suggested that we organize a bus trip to Anlaby Homestead, near Kapunda. For some of us it would be a first visit. History members have visited before but were only able to tour the house and not the grounds due to rain. Please notify the secretary or course coordinator if you are interested in attending.

2016 U3A CALENDAR

2016 has four 8-week terms divided by generous gaps because we know holiday time is a priority for many be it for travel or minding grandkids.

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

TERM 1: Friday 12 February to Monday 11 April

TERM 2: _____ Monday 9 May to Monday 4 July

TERM 3: Monday 1 August to Friday 23 September

TERM 4: __ Monday 17 October to Fri. 9 December

Annual General Meeting: _____ Friday 4 November

End-of-year lunch & movie: ____ Friday 9 December

2016: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Ancestry**	<i>Dianne Richardson</i>	By appointment (\$20 fee)	9/05/2016	49 Albert St
Art	<i>Gerald Moore</i>	Wed 9:30am - 1:30pm	11/05/2016	Auburn
Book Group	<i>Marianne Holliday</i>	Alt Thu 10:30am - 12noon	19/05/2016	Clare Library
Contract Bridge	<i>Eleanor Thomas</i>	Thu 3pm	12/05/2016	St Barnabas
Chess	<i>Ian Bails</i>	Tue 2:30 - 4:30pm	10/05/2016	Essington Mews
Chinese (Mandarin)	<i>Ron Bevan</i>	Mon 10am - 12noon	09/05/2016	Domain
Music Appreciation	<i>Moiria Kleinig</i>	1st, 3rd, 5th Thu 2pm	19/05/2016	2/10 Harriet St
Coffee & Chat	<i>Val Tilbrook</i>	Wed 10:30am	4/05/2016	Clare Visitor Centre
Computing	<i>Quentin Fleming</i>	Tue 1 - 3pm	10/05/2016	Domain
Computing 2	<i>Quentin Fleming</i>	Fri 10am – 12 noon	13/05/2016	Domain
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am - 12noon	12/05/2016	25 Edward St
Drumbeat	<i>John Monten</i>	Mon 10am - 12noon	09/05/2016	St Barnabas
Exercise I	<i>Chris Roberts</i>	Tue 9 - 10am	10/05/2016	Lutheran Hall
Exercise II	<i>Chris Roberts</i>	Tue 10 - 11am	10/05/2016	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	2nd Tue 2pm	10/05/2016	Blyth Cinema
French: Back to Basics*	<i>Claire Eglinton</i>	Thu noon - 1:15pm	12/05/2016	Domain
French*	<i>Claire Eglinton</i>	Thu 1:30 - 3:30pm	12/05/2016	Domain
Furniture Restoration	<i>Barrie Smith</i>	Wed 10am - 12noon	11/05/2016	Blyth
History	<i>Val Tilbrook</i>	Fri 10am - 12noon	13/05/2016	St Barnabas
Irish Culture, Language	<i>Ian Bails</i>	Tue 9:30am - 12noon	10/05/2016	Essington Mews
Knitting	<i>Mary Clark</i>	Tue 2 - 4pm	10/05/2016	Domain
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 - 4pm	11/05/2016	St Barnabas
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 - 4pm	10/05/2016	Auburn
Meditation for Wellbeing	<i>Anne Smith</i>	Tue 10 - 11:30am	10/05/2016	Domain
Petanque	<i>Malcolm Weddle</i>	Mon 1:30pm	09/05/2016	Auburn
Quilting	<i>Lesley Bray</i>	Thu 10am - 1pm	12/05/2016	St Barnabas
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	09/05/2016	St Barnabas
Walking Group, Clare	<i>Margaret Daly</i>	Mon 8am	09/05/2016	Lennon St east
Walking Group, Auburn	<i>Helen Smith</i>	Thu 8.30 am	12/05/2016	Auburn Institute

NB: ** \$20 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, Quentin Fleming, preferably before Friday 29 April at P.O. Box 480, Clare SA 5453, or phone 0447 601 142, or email asku3a@gmail.com

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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