



U3A LOWER NORTH

Sharing Skills and Experience with Friends

SEPTEMBER 2016 🍁 TERM FOUR

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 soggy hollow in the Clare Valley oozing with excess rain in this squelchy Spring.

The committee are mostly back from their travels and ready for a busy final term. As well as our regular events of Annual General Meeting and end-of-year lunch, we are squeezing in a day outing to Anlaby homestead and garden, and an art exhibition.

Term 4 starts Monday 17 October and ends Friday 9 December. Let's look at it in chronological order.

The **Anlaby bus trip** is scheduled for Friday 21 October so the garden should be at its best. This outing is open to all members and their guests. It was suggested by one of our members and if it is a fully-booked success, it will encourage the committee to plan another. See advert on back page for more details.

Some people suffer from AGM-itis because they fear by attending they may be pressured into accepting a job. We have made changes to avoid that happening but on **Friday 4 November** we can give a solid gold guarantee that no one will be offered a job. There will be no elections because, purely by accident, everyone is currently half-way through their two-year terms and determined not to make an early exit.

With that fear eliminated, I hope many of you attend to hear our **guest speaker, Meredith Appleyard**. We have asked Meredith to talk about her midlife career change which has seen her become a published author with a multi-book contract from Penguin Books.

AGM attendees also are the first to see entries in the annual **U3A photo competition** projected onto the wall and hear the winner announced. Many of you are still

to submit your snaps so please email them to Beth or myself without delay. Photos should show U3A in action, whether it is learning or laughing, out and about trying something different or just enjoying the social side. Smiling faces usually have an advantage.

The meeting always ends with a great afternoon tea thanks to the committee (and a couple of lovely members who never turn up anywhere empty handed) so come along and enjoy a fear-free afternoon.

Plans are well in hand for our usual **end-of-year lunch and film** screening down at Blyth on **Friday 9 December** so save the date. We only have to choose the film and we will let you know that through our group leaders and in our final newsletter.

The fee (\$12) is unchanged from last year but of course all group leaders are invited to attend as our guests.

Our **annual art exhibition** will be held at the Clare Town Hall from **Thursday 15 to Monday 18 December**. We hope the change of venue and timing will increase the audience.

We must take this opportunity to publicly wish art group leader Gerald Moore all the best. He was away in Coober Pedy recently when a health issue brought a halt to his painting expedition and he has been recovering at home. By now chief nurse Vicki should be happy to have him return to en plein air.

Best wishes also to Moira Kleinig. Moira hosted the **Music Appreciation** group in her own home until recently when health dictated a move to Jamestown, where she will be closer to family. The group will continue thanks to Helen Weckert at 10 March Court, Clare, but now on Wednesdays.

PLANNING AHEAD

Did Planning Ahead Week, 12 to 16 September, pass you by unnoticed? Never fear, the SA Office for the Ageing has sent us an article to explain it all.

They want us all to understand the benefits of early planning, talk to our families about our future wishes and act now to protect those future rights and preferences.



Planning Ahead is about taking control of your future. It means that your choices will be known and acted on if you cannot express them yourself at some time in the future.

This may happen if you have a sudden accident, become very ill or develop a condition that affects your memory and your planning ability.

Thinking about your future and making your wishes known in advance can help reduce family stress and conflict during times of crisis.

It is important for all adults to understand the benefits of early planning. Various legal tools are available to help secure future health, financial, legal and personal choices – such as:

- Advance Care Directives
- Enduring Power of Attorney
- Wills
- Registration for organ and tissue donation.

Visit www.sahealth.sa.gov.au/planningahead for further information and resources, including a short animated video which you can watch and share with your family, friends and colleagues about the importance of Planning Ahead. It talks about what you can do, how, and why we all need to discuss our wishes with our loved ones.

MY LIVING WILL

Last week my friend and I were chatting and I said to her, “I never want to live in a vegetative state, dependent on some machine and fluids from a bottle to keep me alive. That would be no quality of life at all. If that ever happens, just pull the plug.”

So she got up, unplugged the computer and threw out my wine. She’s such a cow.

NEW COURSE: GRIEF SUPPORT

Qualified counsellor Anne Smith, surprised that there was no grief counselling available in the district, is offering **Grief Support** by appointment to members who are dealing with loss and grief in their life.

Anne is a woman of many talents and has offered to run **Italian for Travellers** in 2017.

COURSE CHANGES

Computer tutor Quentin was finding two classes of mixed abilities unworkable so there will now be two distinct groups. **Computing 1 Basics** on Fridays will continue to give beginners a broad introduction to the subject. **Computing 2** on Tuesdays is aimed at people beyond beginner who are looking for more depth, seeking help on a particular task or just wanting to exchange ideas or get some advice about computers in general. Having problems finding your photos, worried about internet safety, online banking, dealing with unwanted emails? Then this group is for you.

Petanque resumes after a winter recess down at Auburn’s Centenary Park on Monday afternoons.

Auburn Walkers are now led by Jan Bowles after Helen Smith had to give it up.

Drumbeat must be extending its reach as guitar and ukulele have been heard during the first hour.

Term 4 may be your last chance for **Furniture Renovation, Woodwork and French Polishing**. Barrie is thinking of hanging up his tools next year.

26 September film is *Love and Friendship* based on the posthumously published Jane Austen novel. 25 October: *Maggie’s Plan*. Details on Coming Events page of our website: www.u3alownorth.webs.com

SUPPORT CLARE WRITERS WEEK

Don’t forget to support Clare’s cultural event (full details <https://thewriteweek.com/>)



Clare Readers & Writers Festival

Bringing Readers & Writers Together!

26-27 November, 2016

Creative writers might like to check out the short story and poetry competitions as well as the interesting array of visiting authors.

*See you back in the classroom,
Claire*

Friday 21 October

Anlaby Bus Trip

OPEN TO ALL MEMBERS

Leaving from Gleeson Street carpark a little after 9 am

Some seats still available. Booking essential.

Email u3alownorth@gmail.com or phone Quentin Fleming on 0418 824 607

Payment now due for those who pre-booked.

Friday 4 November

U3A Annual General Meeting

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

Guest speaker: Meredith Appleyard
talking about her mid-life career change to author

Winner of 2016 Photography Competition announced
(Entries close Friday 28 October)

Afternoon Tea to follow

(No elections this year)

Friday 9 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 to follow at Blyth Cinema

(yet to be selected)

2016: FOURTH TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Ancestry**	<i>Diane Richardson</i>	By appointment (\$20 fee)		49 Albert St
Art	<i>Gerald Moore</i>	Wed 9:30am - 1:30pm	19/10/2016	Auburn
Book Group	<i>Marianne Holliday</i>	Alt Thu 10:30am - 12noon	27/10/2016	Clare Library
Contract Bridge	<i>Eleanor Thomas</i>	Thu 3pm	20/10/2016	St Barnabas
Chess	<i>Ian Bails</i>	Tue 2:30 - 4:30pm	18/10/2016	Essington Mews
Chinese (Mandarin)	<i>Ron Bevan</i>	Mon 10am - 12noon	17/10/2016	Domain
Coffee & Chat	<i>Val Tilbrook</i>	Wed 10:30am	19/10/2016	Various
Computing I Basics	<i>Quentin Fleming</i>	Fri 10am – 12 noon	21/10/2016	Domain
Computing 2	<i>Quentin Fleming</i>	Tue 1 - 3pm	18/10/2016	Domain
Computing 3 iPads	<i>Marian Wicks</i>	Tue 12 noon- 1:30pm	18/10/2016	Domain
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am - 12noon	20/10/2016	25 Edward St
Drumbeat	<i>John Monten</i>	Mon 10am - 12noon	17/10/2016	St Barnabas
Exercise 1	<i>Chris Roberts</i>	Tue 9 - 10am	18/10/2016	Lutheran Hall
Exercise 2	<i>Chris Roberts</i>	Tue 10 - 11am	18/10/2016	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	4th Tue 2pm	24/10/2016	Blyth Cinema
French 1 Basics*	<i>Claire Eglinton</i>	Thu 9.30-10.30 am	20/10/2016	Domain
French 2*	<i>Claire Eglinton</i>	Thu 10.45 am- 12.30 pm	20/10/2016	Domain
Furniture Restoration	<i>Barrie Smith</i>	Wed 10am - 12noon	19/10/2016	Blyth
Grief Support	<i>Anne Smith</i>	By appointment		
History	<i>Val Tilbrook</i>	Fri 10am - 12noon	21/10/2016	St Barnabas
Irish Culture, Language	<i>Ian Bails</i>	Tue 9:30am - 12noon	18/10/2016	Essington Mews
Knitting	<i>Mary Clark</i>	Tue 2 - 4pm	18/10/2016	Domain
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 - 4pm	19/10/2016	St Barnabas
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 - 4pm	18/10/2016	Auburn
Music Appreciation	<i>Helen Weckert</i>	1st, 3rd, 5th Wed 2pm	19/10/2016	10 March Court
Meditation (relaxation)	<i>Anne Smith</i>	Tue 10 - 11:30am	18/10/2016	Domain
Petanque	<i>Malcolm Weddle</i>	Mon 1.30 pm	17/10/16	Auburn
Quilting	<i>Lesley Bray</i>	Thu 10am - 1pm	20/10/2016	St Barnabas
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	17/10/2016	St Barnabas
Walking, Clare	<i>Margaret Daly</i>	Mon 8am	17/10/2016	Lennon St east
Walking, Auburn	<i>Jan Bowles</i>	Thu 8.30 am	20/10/2016	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 7 October 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 notified us before).

Enclosed is total payment of \$_____ NB Change of bank details

Payment is for (put number of people in the brackets): \$15 ½ year membership []; \$20 ancestry []

Cheques to U3A Lower North Inc., PO Box 480, Clare, 5453; or pay online. (U3A Lower North, No. 748828019; BSB 085 558. Use surname followed by initial, e.g. John Smith = smithj. Emails to u3alownorth@gmail.com)

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