



U3A LOWER NORTH

Sharing Skills and Experience with Friends

NOVEMBER 2019 🍁 TERM ONE 2020

University of the Third Age Lower North Incorporated

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

Messages 0447 601 142, Email u3alownorth@gmail.com

Secretary: Beth Smith 8842 2506, bethsmith43@outlook.com

Course Co-ordinator: Peter Lisman 0447 601 142 (leave a message), asku3a@gmail.com

Chairman, newsletter & website: Claire Eglinton, 8842 3939, eclair5453@gmail.com

Publicity Officer: Dinoo Kelleghan, 0447 133 353, dinookelleghan@gmail.com

U3A Lower North website: www.u3alownorth.webs.com

Dear Members,

Greetings from a balmy hollow in the Clare Valley luxuriating in a few short days of Goldilocks weather.

As usual, this year's AGM went very smoothly. Having nominations close the week before takes pressure off attendees and committee alike. We welcome Maria Barnes from Auburn to our team. Maria will be a committee person without any specified duties, while Peter Lisman has moved up from that entry-level to tackle the challenging job of Course Co-ordinator.

Our colourful guest speaker, Jo Stewart-Ratray created a lot of interest and gave an insight into the workings of the United Nations. I have since learnt that there is a Part Two to the speech and feel sorry there won't be any opportunity to hear it.

Though secretary Beth was absent, her name will still appear in the minutes as winner of the photography competition with her snap of the French class deep in concentration. Thanks to everyone who entered.

Following the suggestion in Peter Wood's Treasurer's Report, the committee has decided to make the end of year lunch free of charge with the \$10 film cost the only expense to members. (Now we will cover both the venue charge and cost of kitchen help).

We are trialling a new plan to increase seating. Enter by the main hall's side door to pay and collect tickets before using the ramp to the supper room where helpers will take your food platters to the kitchen.

*Hope to see you for lunch at Blyth,
Claire*

End of Year Lunch & Film

You are invited to lunch with friends then sit back and watch *Fisherman's Friends*.

Friday 6 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 plate of finger food suitable for sharing. Soft drink provided.

After lunch and a chat (remember name tags), it's over to the air-conditioned cinema for our film. *Fisherman's Friends* is a 2019 biographical comedy-drama filmed on location in London and Port Isaac, Cornwall, that same village is possibly best known as the fictional Portwenn from the television series *Doc Martin* with Martin Clunes.

The film is based on a true story about Port Isaac's *Fisherman's Friends*, a group of Cornish fishermen and mates who were signed by Universal Records and achieved a top 10 hit with their debut album of traditional sea shanties.

The film stars an ensemble cast headed by Daniel Mays, James Purefoy and Tuppence Middleton with David Hayman, Noel Clarke, Dave Johns, Maggie Steed, Sam Swainsbury and Christian Brassington playing key supporting roles.

Please book early with Peter (0447 601 142, asku3a@gmail.com) or Beth (0407 079 505). To pay on day put booking slip with exact money in envelope to speed processing, arrive early to avoid queue. Film tickets will be issued.

ACTIVITIES IN 2020

First Aid is making its first appearance on our course list. Local ambo volunteer, Alison Keene, who has a Certificate IV in First Aid, has kindly offered to run a session on the basics of first aid including CPR.

At the moment this non-certificate course looks like being just one 90-minute session on a Monday in Term 1 at 1 p.m. on a date to be advised. Probably something we all should do.

Meditation for Relaxation is taking a break in Term 1 while leader Anne Smith is away on holidays. Anne is also willing to revisit her **Conscious Ageing** course which was successfully offered for just one term in 2019. It was mainly booked by members of Anne's Meditation class so this time it would require new faces. Register your interest if you would like to do this 8- week program designed to: cultivate wisdom, connect with others, celebrate life.

Each week includes reflection, small group discussion and some individual writing.

Topics include:

- Life review
- Self-compassion
- Forgiveness
- Transformative practices
- Death makes life possible
- Surrender — letting go
- Creating a new vision of ageing

If it goes ahead, it will replace Meditation for Relaxation for that one term only.

As previously the **Exercise** groups will make a slightly later start as leader Chris Roberts wisely wants to avoid the worst of the summer heat. The first session won't be until third week of term. Chris wants to remind everyone that these groups are for maintaining your fitness rather than rehabilitation or recovery after health problems.

We welcome three new course leaders and thank those retiring for their years of valuable service.

Hermann Weber will take over **Book Group** duties from Marianne Holliday, and Doreen Hill will take on **Coffee and Chat** from Val Tilbrook. Self-described artaholic, Ann Foster, will be contact person for both Auburn and Burra Art Groups though no doubt Gerald Moore will be attending whenever he can.

Gerald has been a wonderful leader of the Art group since it started out as Pastel Drawing in 2006 meeting in the old portable classrooms behind TAFE.

He quickly proved such an asset to U3A that he was a worthy winner of SA's Volunteer Tutor of the Year in the 2008 Adult Learners' Week awards.

French Basics has reached the end of their current cycle through the Michel Thomas Foundation course. It leaves them with a decision: go back to the start or move on to tougher stuff or just break the routine with a term or two of French for tourists. That is great news for newcomers as their needs will guide the decision. In the past some people have joined and dropped out because the course at the time didn't coincide with their needs.

It doesn't happen often so take advantage of this crossroad and let us know what you want. If you are thinking of enrolling at any time in 2020 discuss your options with Claire (u3alowernorth@gmail.com).

This class can be tough for total newbies, but it is great for people who want to de-rust their school French, learn modern street pronunciation and ultimately take their French to a higher level.

U3A STATE RENDEZVOUS

In October three Lower North members attended the 3-day Rendezvous hosted by U3A Adelaide Hills. Every U3A in the State was represented at this relaxed, fun, well-run event. (Photos and story in the national Bulletin. Let Claire know if you want to receive a copy which also has photos of the national president's visit to Clare.)

We had a ball though I must admit our activity choices were heavy on Hahndorf's history and garden visits rather than purely U3A stuff. We couldn't resist the opportunity to visit Gardening Australia's Sophie Thompson. We could identify with this relatively new garden established in a former cow paddock. It is set up to produce food for her family and frame the lovely stone cottage which they have renovated from a ruin. Her hospitality extended to allowing us all to tramp through her kitchen, picking up delicious home-made cake and plum cordial on the way. Yum.

Another stand out was Stangate House and its 4 acres of internationally recognised camellia garden. The dappled shade of this peaceful garden dipping down to a stone channel encased running stream was a hot day haven. The 1940s heritage-listed house sits eerily empty just waiting to be brought to life by groups such as ours, invading it for Devonshire tea brought promptly by National Trust volunteers.

In 2021 it will be a totally different approach as U3A Tea Tree Gully has offered to be the hosts. It will focus more on U3A activities and mainly take place at their own campus (the 10 classroom former Modbury South Primary School) even down to the catering.

Hopefully more of our members will attend because in 2023 it might be time for U3A Lower North to host.

ENROL NOW FOR 2020

Enrolments do not carry on from one year to the next. To ensure your place, please submit enrolment slip and payment as soon as possible. Enrolments are processed on a first come first served basis. While some groups struggle for numbers, others fill very quickly. Group leaders should tell Peter Lisman how many to accept before the CLASS FULL sign goes up.

EARLY BIRDS SAVE \$10

The annual subscription is \$35 but there is a \$10 discount for payment by Thursday 23 January. Don't risk forgetting. Enrol and pay now.

When the early bird rate expires on 23 January, it will be \$35 for the rest of the year. However anyone joining for the first time in Term 4 will be financial for the coming year as well, 5 terms for the price of 4.

Payments can be made 4 ways:

- Registration Days. Thursday 12 December or Thursday 23 January. Treasurer and/or Course Coordinator will be in the Stan Scott Room, Clare Town Hall from 9 am to 3 pm **or**
- at Blyth lunch before 12 (Please note this is not a true registration day so keep things running smoothly by placing 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. 748828019; BSB 085 558. For ID use surname followed by initial, e.g. John Smith = smithj. Emails to u3alownorth@gmail.com).

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I am learning all the time. The tombstone will be my diploma. — Eartha Kitt

TIME TO ORDER NAME TAGS

Conference style name tags are issued free of charge.

Hard white plastic name tags are available with pin or magnetic backing for \$12. We only put in one order a year so if you want one, make sure your name is on the list and you have paid in advance. N.B. magnetic backs not to be worn if you have a heart pacemaker.

When ordering, please print your name as you would like it to appear on tag so we know if you want to be a Chris or Christopher Smith.

DATES FOR 2020

2020 has four 8-week terms divided by 3 or 4-week holiday breaks. If meeting outside these dates inform the secretary to protect group leader insurance.

Enrolment days for 2020 at Clare Town Hall: _____

Thursday 12 December and Thursday 23 January

Deadline for enrolments and payment: __ 23 January

Group Leaders Event: _____ Wednesday 5 February

TERM 1: __ Monday 10 February to Monday 6 April

TERM 2: _____ Monday 4 May to Monday 29 June

TERM 3: __ Monday 27 July to Friday 18 September

TERM 4: Monday 12 October to Friday 4 December

Annual General Meeting: _____ Friday 30 October

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

Enrolment day for 2021: _____ Friday 10 December

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Group leaders please RSVP promptly to invitations. Secretary Beth is currently sending out invitations to end of year party and the Group Leaders Lunch will be coming up before term starts next year.

All members: Please wear your name badge, especially at AGM and lunches, and send an apology to the group leader if unable to attend class.

Friday 6 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

Australian film *Fisherman's Friends* to follow at Blyth Cinema

All Group Leaders invited to attend as our guests

A time for all members to combine and applaud the contribution of our Group Leaders, farewell classmates and catch up with friends before the Christmas holidays
\$10 a head (for film), contact Beth (0407 079 505) or Peter Lisman to book
Booking slip over page with enrolment

2020: FIRST TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	12/2/2020	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	11/2/2020	Burra Showgrounds
Book Group	Hermann Weber	Alt Thu 10.30 am – 12 noon	13/2/2020	St Barnabas, Clare
Chess	Ian Bails	Tue 2.30 – 4:30 pm	11/2/2020	Essington Mews
Coffee & Chat	Doreen Hill	Wed 10.30 am	12/2/2020	Various
Computing 1	Quentin Fleming	Fri 10 am – 12 noon	14/2/2020	Clare Town Hall
Computing 2 iPads	Marian Wicks	Tue 12 noon – 1.30 pm	11/2/2020	Clare Town Hall
Contract Bridge	Peter Wood	Thu 3 pm	13/2/2020	St Barnabas, Clare
Cryptic Crosswords	Greta Handmer	Alt Thu 10.30 am	20/2/2020	25 Edward St, Clare
Current Affairs	Claire Eglinton	Alt Thu 1 – 2.30 pm	20/2/2020	Clare Town Hall
Drumbeat	John Monton	Mon 10 am – 12 noon	10/2/2020	St Barnabas, Clare
Exercise 1	Chris Roberts	Tue 9 – 10 am	25/2/2020	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	25/2/2020	Lutheran Hall
Film Group	Val Tilbrook	Usually 1st Tue 2 pm	4/2/2020	Blyth Cinema
First Aid	Alison Keene	Mon 1 – 2.30 pm	TBA	Clare Town Hall
French 1 Basics*	Claire Eglinton	Thu 9.30 – 10.30 am	13/2/2020	Clare Town Hall
French 2*	Kath Lock	Thu 10.45 am – 12 noon	13/2/2020	Clare Town Hall
Furniture Restoration	Barrie Smith	Wed 10 am – 12 noon	12/2/2020	12 Guildford St, Blyth
History	Val Tilbrook	Fri 10 am – 12 noon	14/2/2020	St Barnabas, Clare
Knit and Sew	Mary Clark	Tue 2 – 4 pm	11/2/2020	Clare Town Hall
Mah-jong, Auburn	Sue Beaton	Tue 1 – 3 pm	11/2/2020	Auburn Institute
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	12/2/2020	St Barnabas, Clare
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2 pm	19/2/2020	10 March Ct, Clare
Petanque	Jim Morran	Mon 1.30 pm	10/2/2020	Cent. Park, Auburn
Quilting	Diane Richardson	Thu 10 am – 1 pm	13/2/2020	St Barnabas, Clare
Quilting and Craft	Kath Lock	Fri 10 am to 3 pm	14/2/2020	Riverton com. centre
Scrabble	Carol Stewart	Mon 1:15 pm	10/2/2020	St Barnabas, Clare
Walking Group	Margaret Daly	Mon 8 am	3/2/2020	East end Lennon St.

* French class requires some prior knowledge of the language, no matter how rusty. TBA: Group leader to advise class.



Retain top half for class times, etc. Assume enrolment accepted on payment unless you hear otherwise.

Book lunch/film by 3/12/19: Beth 0407 079 505 or Peter messages 0447 601 142, asku3a@gmail.com

Name: _____

Have you had a change of address/phone/email since last year?: _____

ENROLMENTS early bird rate \$25 by Thursday 23 January 2020, after \$35. Enrol me in: _____

Newsletters by post [] or email []. Payment by cheque [] cash [] EFT [] All options page 2.

OPTIONAL HARD NAME TAGS \$12 Please tick for pin back [] or magnetic back []

Print name as you want it to appear _____

2019 END OF YEAR LUNCH & FILM \$10 For self [] and [] number of guests.

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