



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2019



TERM TWO

University of the Third Age Lower North Incorporated



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Dear Members,

Greetings from a thirsty hollow in the Clare Valley which can still boast thigh-deep mud in the dam. (Thinking about it, with so many ducks clustered on the last sliver of water, it may not be mud.)

2019 had a very promising beginning. A good level of re-enrolments and new members (213) lodged their paperwork by 24 January to take advantage of the Early Bird rate. However for me it really started a couple of days later at the Australia Day awards ceremony. What better way to start a year than seeing one of your own recognized for their service.

I must admit that I don't usually show up for the Australia Day breakfast in Pioneer Park but this year nothing would have kept me away. U3A's hard-working treasurer, Peter Wood, was announced as local Citizen of the Year.

It was a well-deserved honour as Peter provides valuable service to many local groups. My thanks to the person who got the ball rolling for Peter's nomination. We should do more to tell people how much we appreciate their contribution to the smooth running of our community. So many people are doing great voluntary work . . . and there is plenty of room for more. There is a niche for everyone in the local hero business.

***See you back in the classroom,
Claire***

U3A ART GROUP ANNUAL ART EXHIBITION 18 to 25 April

The Art House, 8 Mill Street, Clare will be the venue for this year's exhibition.

Clare and Gilbert Valleys Council CEO Helen Macdonald will officially open the exhibition at 6 p.m. on Thursday 18th (Maundy Thursday before Easter). Members and friends are welcome to join the artists for a drink and nibbles.

For the next week it will be open from 10 a.m. to 4 p.m. until it is taken down at 1 p.m. on the following Thursday.

The group have promised a diversity of subjects and styles including acrylic, pastel, watercolour and pen.

Over the years the exhibition has been quite nomadic with venues in Farrell Flat, the Clare Town Hall, last year Linhay Gallery at Auburn and now in Clare's very own dedicated exhibition space in Mill Street.

At such a central venue over the Easter weekend it is sure to attract many visitors.

GROUP LEADERS LUNCH

This year we repeated the practice of scheduling the Group Leaders Lunch in the week before term starts. At the meeting which precedes the lunch we had the opportunity to supply leaders with what we could to make their jobs easier: calendars, contact sheets, etc. This year, thanks to money from our State network group, U3A SA, we put all these items in a handy, heavy-duty cotton tote bag emblazoned with the message 'Thanks' in multiple languages. When asked to tell us how their groups were progressing and if they had any problems, it was great to see how much pride leaders took in talking about their groups and most emphasised what a happy, supportive social group they had become.

Leaders all had a taste of filling in the New Members enrolment form. It came as quite a shock to most of them to be asked such searching questions after they have been around U3A so long.

This form asks for much more information but is a 'once only' form so we can know our members a little better, how they found us and what they want. It also means having to answer fewer questions every year when you re-enrol by phone, email or the slip in the newsletter.

Eventually we would like all members to fill one out for the sake of our records so feel free to download one from the website and drop it into the U3A letterbox or hand to Beth or Quentin.

<https://www.u3alownorth.com/Enrolment%20Form%202019.pdf> will take you direct to it.

The website is a good place to browse if you want to find out anything about U3A Lower North.

RISKY BUSINESS

One question raised at the group leader meeting was the extent of our insurance cover. We have public liability insurance and volunteer insurance. Please note these are not general accident policies and will only pay out if some negligence is proved against U3A or its representatives. I am told the policies cover us at any venue but not necessarily for 'high risk' activities. What constitutes 'high risk' is not only of interest to Lower North but all U3As and it will be investigated further by U3A SA which manages our Public Liability policy.

Lower North's programme doesn't include any obvious high risk activities such as strenuous activities which might induce heart attacks, falling

off cliffs or drowning, etc. The use of power tools has been identified as a possible risk area.

We urge members to take personal responsibility for their safety by knowing their physical limits and following any safety instructions given by leaders.

DO YOU SUFFER ONGOING PAIN?

You are invited to a free community workshop to learn simple skills to live well despite pain. Tuesday 7 May, 11 am to 1.30 pm, Clare RSL, Burton St. Refreshments provided. This is not a U3A activity. Bookings: <http://bit.ly/CopingwithpainClare>, info@arthritissa.org.au or call: 8379 571

U3A PAYMENTS

The early bird period expired 24/1/19 so the \$35 annual fee applies to anyone who joins after that date.

Apart from our annual registration days, payments to U3A can be made 2 ways:

- 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).

DATES FOR 2019

2019 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.

TERM 1: _____ Friday 11 February to Monday 8 April

TERM 2: _____ Monday 6 May to Monday 1 July

TERM 3: _____ Monday 29 July to Friday 21 September

TERM 4: _____ Monday 14 October to Fri. 6 December

Annual General Meeting: _____ Friday 18 October

End-of-year lunch & movie: _____ Friday 6 December

NAME TAGS

This is one last call for orders of hard plastic name tags (\$12). We won't be ordering again before 2020.

The order can only go in once a year when we have enough to make it financially viable.

Ian Foster has been distributing the free conference style name tags and is happy to do ones for any member who may have lost or damaged theirs.

oOo

Roger McGough (English poet) on ageing:

I used to scintillate now I sin till ten past three.

oOo

THE BENEFITS OF GETTING OUT AND ABOUT

Regular visits to the cinema, theatre or to museums could dramatically reduce the chances of becoming depressed in older age a new study has found.

Researchers at University College London found a clear link between the frequency of 'cultural engagement' and the chances of someone over 50 developing depression. It is the first such study to show that cultural activities not only help people manage and recover from depression but can actually help to prevent it.

Their study, published in the British Journal of Psychiatry, found people who attended films, plays or exhibitions every few months had a 32% lower risk of developing depression, with those attending once a month or more having a 48% lower risk.

Lead author, Dr Daisy Fancourt, wants greater awareness of the benefits so that people can take better control of their own mental health.

She said: 'Generally speaking, people know the benefits of eating their five-a-day and of exercise for their physical and mental health, but there is very little awareness that cultural activities also have similar benefits. People engage with culture for the pure enjoyment of doing so, but we need to be raising awareness of their wider benefits too.'

The researchers believe the power of these cultural activities lies in the combination of social interaction, creativity, mental stimulation and gentle physical activity they encourage. [Sounds like U3A.]

Dr Fancourt said: 'We were very pleasantly surprised by the results. Notably we find the same relationship between cultural engagement and depression amongst those of high and low wealth and of different levels of education -- the only thing that differs is the frequency of participation.'

'Cultural engagement is what we call a "perishable commodity." For it to have long-term benefits for mental health, we need to engage in activities regularly. This is similar to exercise: going for a run on the first of January won't still have benefits in October unless we keep going for runs.'

She added: 'Depression is a major issue affecting millions of people. If we are starting to feel low or isolated then cultural engagement is something simple that we can do to proactively help with our own mental health, before it gets to the point where we need professional medical help.'

[Or just join U3A. 😊]

CLASS NEWS

Although all classes listed in our previous newsletter were expected to go ahead, I believe there was a little of what I call 'January remorse' amongst tutors so it didn't all go as planned.

Sadly both Chris Cocks (**Law Talk**) and Ron Bevan (**Chinese**) decided to pull the pin. Chris felt that he had exhausted his more interesting cases and not everyone shared his interest in the more serious study of landmark legal judgements. Ron just ran out of students which is a great pity as he was a conscientious teacher and really looked after his class coming in extra early each Monday morning to make sure everything was as it should be.

Anne Smith also had a rethink. Originally **Meditation** was going into recess for one term to make way for **Conscious Ageing**. Between Anne's planned holidays and the public holidays in Term 1, there just wasn't time to cover the necessary course work and Conscious Ageing will now take place in Term 2. Meditation will be back in Term 3.

Some very good news came out of other January musing. Kath Lock decided it was high time there was a U3A activity in her home town of Riverton. Kath is already very involved in the French group in Clare (where **French 2** is blossoming under her hand) so it had to be her other passion of quilting for Riverton. Concerned there may not be enough quilters to justify hiring the venue, its ambit was extended to include any needle craft.

It may have flown right under the radar with no mention in the 2019 programme but the Riverton tom-toms were enough to get it established. The newly created **Quilting and Craft** group, led by Kath, is now held on Fridays 10 to 3 in the Riverton Community Centre. New members very welcome.

Current Affairs enrolments are slowly growing. Of course the larger the number, the more varied the opinions and the better the discussion. Everyone has their opinion but knowing you might have to support that opinion in an informed discussion makes you dig a little deeper and master some facts and figures. And you never know what may come up. (I was quite surprised to find myself discussing women's football.)

Yet again, members are reminded to lodge apologies if they are unable to attend their groups as it makes life a lot easier for group leaders if they know how many will be attending.

2019: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art	Gerald Moore	Wed 9:30am – 1:30pm	8/5/2019	Auburn oval
Book Group	Marianne Holliday	Alt Thu 10:30am – 12noon	9/5/2019	St Barnabas
Chess	Ian Bails	Tue 2:30 – 4:30pm	7/5/2019	Essington Mews
Coffee & Chat	Val Tilbrook	Wed 10:30am	8/5/2019	Various
Computing 1	Quentin Fleming	Fri 10.30 am – 12.30 pm	10/5/2019	Clare Town Hall
Computing 2 iPads	Marian Wicks	Tue 12 noon – 1:30pm	7/5/2019	Clare Town Hall
Conscious Ageing	Anne Smith	Mon 1–2.30pm 1 term only	6/5/2019	Clare Town Hall
Contract Bridge	Peter Wood	Thu 3pm	9/5/2019	St Barnabas
Cryptic Crosswords	Greta Handmer	Alt Thu 10:30am – 12noon	16/5/2019	25 Edward St
Current Affairs	Claire Eglinton	Alt Thu 1.30 – 2.45 pm	9/5/2019	Clare Town Hall
Drumbeat	John Monten	Mon. 10am – 12 noon	6/5/2019	St Barnabas
Exercise 1	Chris Roberts	Tue 9 – 10am	7/5/2019	Lutheran Hall
Exercise 2	Chris Roberts	Tue 10 – 11am	7/5/2019	Lutheran Hall
Film Group	Val Tilbrook	1st Tue of month 2pm	7/5/2019	Blyth Cinema
French 1 Basics*	Claire Eglinton	Thu 9.30 – 10.30 am	9/5/2019	Clare Town Hall
French 2*	Kath Lock	Thu 10.45 am – 12.30 pm	9/5/2019	Clare Town Hall
Furniture Restoration	Barrie Smith	Wed 10am – 12noon	8/5/2019	Blyth
History	Val Tilbrook	Fri 10am – 12noon	10/5/2019	St Barnabas
Knit and Sew	Mary Clark	Tue 2 – 4pm	7/5/2019	Clare Town Hall
Mah-jong, Auburn	Sue Beaton	Tue 1 – 3pm	8/5/2019	Linhay, Auburn
Mah-jong, Clare	Pam Murray	Wed 2 – 4pm	7/5/2019	St Barnabas
Music Appreciation	Helen Weckert	1 st , 3 rd Wed of month, 2pm	16/5/2019	10 March Ct
Petanque	Jim Morran	Mon 1.30 pm	6/5/2019	Cent. Pk, Auburn
Quilting	Diane Richardson	Thu 10am – 1pm	9/5/2019	St Barnabas
Quilting and Craft	Kath Lock	Friday 10am – 3pm	10/5/2019	Riverton Com. centre
Scrabble	Carol Stewart	Mon 1:15pm	6/5/2019	St Barnabas
Walking, Clare	Margaret Daly	Mon 8 am	6/5/2019	Lennon St east

* 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.

RETURN new or changed enrolments ASAP: P.O. Box 480, Clare SA 5453 (messages 0447 601 142, asku3a@gmail.com). New members should request a new members enrolment form (see website)

Name: _____

Any changes of address/phone/email since last term?: _____

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 _____

All information kept in accordance with U3A Lower North Inc. privacy policy (see website).