



# U3A LOWER NORTH

*Sharing Skills and Experience with Friends*

APRIL 2021



TERM TWO

University of the Third Age Lower North Incorporated



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## *Dear Members,*

Greetings from the city again where the carrying capacity seems to be in excess of 30 dogs per acre (extrapolated from the 8 immediately adjacent me).

We are back in action though still not at full force as Course Coordinator Peter Lisman reported about 25% of last year's membership didn't re-enrol despite the free offer. We don't know if this is from an excess of caution about COVID or that once broken the U3A routine was hard to re-establish.

Social isolating is what U3A was designed to overcome not to enforce. The sanitise, sign in and space out regulations have been annoying but necessary for us to legally continue and I thank everyone who has helped by observing the rules unasked and with good humour.

The greater part of our membership falls into the over 70 age group which is currently eligible to receive vaccination. Already the Victoria Road Clinic is taking bookings for vaccination by their clinic nurse and no doubt more providers will soon be active. COVID restrictions will stay in place until lifted by Health SA so please keep sanitizing, etc., until then.

As we re-establish, we need the committee back at full strength and we are delighted to welcome two new committee members: Bonnie and Jillian. It is in the nature of U3As and their aging membership to need frequent renewal of committee positions. Officers should be able to step down guilt-free

knowing others will take a turn. U3A is a concept dependent on communities having more people who raise their hands rather than sitting on them.

Other good news is a new group and return of two previous groups: a second Book Group, Walking at Auburn and Chess. Details in Class News over page.

Inside is also early publicity for U3A's biennial Rendezvous to be hosted this year by U3A Tea Tree Gully. It will be different from the previous two in the Riverland and Adelaide Hills. Less focus on touristy outings and more on U3A activities. It is worth a trip down there just to see their venue.

The Group Leader lunch has definitely found its permanent spot on the calendar. A week before Term One starts is just right for dispensing calendars, enrolment sheets, etc.

Of course it does depend on the cooperation of all members to enrol by the due date. We created financial incentives for timely enrolment but even so Term One is marked by a dribble of late enrolments: some from new members which is understandable but many from previous members which does stretch our Course Coordinator's patience.

There was a good vibe at this year's lunch as everyone was happy to see a return to some sort of normality. I hope term one went well and wish you all a Happy Easter.

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

## CLASS NEWS

After a long absence **Walking at Auburn** will return to its 8.30 am slot every Thursday. Kathy Alty, who many will know from her years on the front desk at the local Council, has jumped in at the deep end of U3A by offering to lead a group. Kathy wants to gather the previous group plus some new faces to enjoy some simple exercise and social contact.

Walks will start at Mount Horrocks Wines and continue along the Riesling and Rattler Trails for a maximum of 60 minutes. Kathy says everyone is welcome. 'You can walk at your own pace for a shorter time and rest on the seats by Mount Horrocks if needed or venture further out along the trails with everyone finishing together by 9.30am.'

The Clare Walking Group is now the **Sevenhill Walking Group** as they changed their start point to walk fresh and less frequented sections of the Riesling Trail.

For some time the Book Group has been at capacity as they are limited to how many volumes they can bulk borrow of one title. So we are thrilled that Kath Lock has agreed to start **Book Group 2** which will be meeting fortnightly on Thursdays at 2 p.m. in the Clerk's Office (alternate weeks to Current Affairs).

At one of those meetings they will discuss a book which has come through bulk borrowing from the Riverton library. At the alternate meeting discussing a book, or books, decided upon by the group, but will not always be the same book for everyone: for example it could be a biography, a travel story, a crime novel, a book by a particular author. This is how they will operate until they reach the borrowing limit, at which time the format will need a rethink.

For those who don't know Kath, she is our vice president, Riverton resident, quilting fanatic, Francophile, computer phobe, former school teacher and children's author, and full-time pedant. GSOH.

Anyone saddened by the diminishing numbers which eventually saw **Chess** close will be pleased that, like Mark Twain, reports of its death were an exaggeration. Leader Ian Bails has rejuvenated it with some new faces (Mah-jong buddies) and says this learner group is eager to continue and there is promise of more experienced players re-joining so chess can once again flourish at Essington Mews Hall each Monday.

Evidently due to Netflix's *The Queen's Gambit*, chess is enjoying a world-wide surge in popularity. The series is one of their highest rating with 62 million tuning in during its debut. The success has seen suppliers of chess sets struggling to meet demand.

**French** is off the programme due to lack of enrolments. We will see what happens when we are up to pre COVID numbers.

**Bridge** remains at the new home they found for themselves during COVID: the Clare Valley Wine, Food and Tourism Centre, (known to some as the Old Vic, as its predecessor the Visitor Information Centre was frequently abbreviated to VIC). Previously they met at St Barnabas but the Old Vic had less COVID restrictions, no cleaning requirements and a coffee machine always on the go: an offer too good to refuse.

Hopefully we will have a team in the bridge challenge at the Tea Tree Gully Rendezvous 2021.

**Exercise** has returned to the Lutheran Church Hall.

## ART EXHIBITION

The U3A Art Exhibition, with works from both the Auburn and Burra Art Groups, will run from 3 April to 19 April at the Clare Art House in Mill Street.

There will be no official opening due to COVID restrictions but the exhibition will be open every day (except Tuesdays) from 10.30am to 3pm.

Drop in and check out what they have achieved. It might inspire one or two more to join. You don't know what talent you may have until you give it a chance to bloom.

## U3A PAYMENTS

Pay online. U3A Lower North Inc., No. 748828019; BSB 085 558. Reference: surname then initials, e.g. John Smith = smithj. Email: u3alownorth@gmail.com.

## REMAINING DATES FOR 2021

2021 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:** \_\_\_ Monday 1 February to Monday 29 March

**TERM 2:** \_\_\_\_\_ Monday 3 May to Monday 28 June

**TERM 3:** \_\_\_ Monday 26 July to Friday 17 September

**TERM 4:** \_\_ Monday 11 October to Friday 3 December

Annual General Meeting: \_\_\_\_\_ Friday 29 October

End-of-year lunch & movie: \_\_\_\_\_ Friday 3 December

Enrolment day for 2022: \_\_\_\_\_ Thursday 9 December

## NAME TAGS

Those who have been patiently waiting for their hard plastic name tags will be pleased to know their arrival is nigh. My apologies for the inordinate delay caused first by waiting for enough to justify an order, then COVID, then waiting for this year's late enrollees.



# RENDEZVOUS 2021

Bookings open July 1st



## TUESDAY OCTOBER 5, WEDNESDAY OCTOBER 6, THURSDAY OCTOBER 7

### WHERE ARE THE WOMEN ARTISTS IN HISTORY?



They were there and some were successful. Come and listen to the stories of their lives, view their works and learn more about their times.

### PHOTOGRAPHY

Like to learn about composition, the rule of 3? Hear a few guidelines of colour theory to improve your photos.

### UKULELE

Bring your ukulele along for a group singsong



### MUSCLES IN MOTION

Come and get fit, lose some calories, have fun and release those feel good endorphins. Stretching, dancing, walking, balance, light weights.

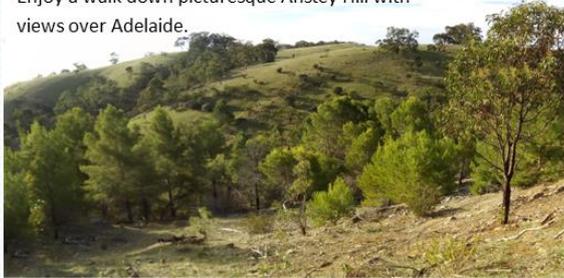


### TAI-CHI

Learn some of the basics of this low impact exercise with a series of movements which can help, balance, strength, flexibility, posture with a relaxing meditation.

### ANSTEY HILL WALK

Enjoy a walk down picturesque Anstey Hill with views over Adelaide.



### GEOLOGY

We'll get the microscopes out and have an interesting afternoon of discovery.

### SINGING WITH THE STARS

Whether you have a great voice or not, come along and have fun singing or just listening to your favourite artists with lyrics and video on the big screen.



### CONTRACT BRIDGE

Call up your best players and see who are the U3A SA champions.

### BOARD GAME-ON

Come and enjoy some healthy escapism and enjoy the relaxing social aspect of playing with others and learn some new games in a friendly atmosphere.



Open each day all day

### CARD MAKING

Get some ideas for making personalised greeting cards.



### NEWMANS NURSERY

View one of Adelaide's oldest Nurseries with specialty Camelias, Roses, Lavenders Fruit trees



## 2021: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	5/5/2021	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 <sup>nd</sup> Tue, 9.30 am – 2.30 pm	11/5/2021	Burra Showgrounds
Book Group	<i>Hermann Weber</i>	Alt Thu 10.30 am – 12 noon	13/5/2021	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 2 – 4 pm	6/5/2021	Clare Town Hall
Chess	<i>Ian Bails</i>	Tue 1.30 – 4 pm	3/5/2021	Essington Mews
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	5/5/2021	Various
Computing 1	<i>Quentin Fleming</i>	Fri 10 am – 12 noon	7/5/2021	Clare Town Hall
Computing 2 iPads	<i>Marian Wicks</i>	Tue 12 noon – 1.30 pm	4/5/2021	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	3/5/2021	Tourist Centre, Clare
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10.30 am	6/5/2021	25 Edward St, Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	13/5/2021	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	3/5/2021	St Barnabas, Clare
Exercise I	<i>Chris Roberts</i>	Tue 9 – 10 am	4/5/2021	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	4/5/2021	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	1st Tue 2 pm	4/5/2021	Blyth Cinema
History	<i>Val Tilbrook</i>	Fri 10 am – 12 noon	7/5/2021	St Barnabas, Clare
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	4/5/2021	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4 pm	4/5/2021	Auburn Institute
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	5/5/2021	St Barnabas, Clare
Meditation (Relaxation)	<i>Anne Smith</i>	Mon 1 – 2 pm	17/5/2021	Benny's Hill Road
Music Appreciation	<i>Helen Weckert</i>	1 <sup>st</sup> , 3 <sup>rd</sup> Wed 2.30 – 4.30 pm	5/5/2021	10 March Ct, Clare
Quilting	<i>Diane Richardson</i>	Thu 10 am – 1 pm	6/5/2021	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1:15 pm	3/5/2021	St Barnabas, Clare
Walking Group Sevenhill	<i>Margaret Daly</i>	Mon 8 am	3/5/2021	Reisling Trail
Walking Group Auburn	<i>Kathy Alty</i>	Thu 8.30 am	6/5/2021	Mt Horrocks Wines



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 (\$35) should request and submit a new members enrolment form (downloadable from website or this link [New Members Enrolment Form pdf](#))

Name: \_\_\_\_\_

Any change of address/phone/email: \_\_\_\_\_

Enrol me in: \_\_\_\_\_

**Newsletters** by post [ ] or email [ ]. **Payment** by cheque [ ] cash [ ] EFT [ ] Details 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).