



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2021



TERM THREE

University of the Third Age Lower North Incorporated



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Dear Members,

Greetings from suburbia which is becoming so densely built and treeless that I found a young koala seeking refuge in my Liquid Amber. (Lorikeets and a possum already live and breed in the date palm.) A koala in anything but a gum tree is a sad sight.

The pandemic has made us change our ways in more aspects of our lives than just travelling less. Some U3As kept operating during COVID thanks to going online and using software such as Zoom. Many of their members are now quite confident with this. Zoom has certainly helped more people attend State network meetings, enjoying the convenience of chatting through their home computer rather than driving sometimes hours and negotiating city traffic. No matter how dubious they may be at first, after one session they are usually won over.

I hope Lower North members are also willing to take the plunge. We have an exciting innovation for Term 3: a course in Positive Psychology which is designed to be undertaken online from your own home.

Fearing lack of confidence in our members, I also made a tentative booking for a room so we can trial a joint hook-up but I hope we can avoid that. Not only will it be a lot of work for whoever volunteers to set it up and supervise, but the material really isn't suitable for a classroom situation. It is meant for online delivery and also requires students read material delivered online between classes.

We have scored two very qualified new committee members but before our AGM we will be asking for nominations for one more. We are also seeking a new press officer. (I can coach anyone who wants to learn about press releases, etc.)

A big thank you to Anne Smith for her contribution to U3A over recent years. Anne introduced our members to Meditation for Relaxation, taking an occasional break to offer a term of alternative health-related topics like Conscious Ageing. Being a lover of all things Italian, Anne even stretched her comfort zone to include a couple of terms of Italian for Travellers which proved very popular. Although they will maintain a house in the Clare district, with husband Malcolm's retirement they will not be visiting on the same regular weekly schedule so Anne has called time on her meditation group.

Ciao e buona fortuna Anna. (If I got that wrong, blame my Italian for Travellers teacher.)

Don't forget that bookings open soon for the U3A Tea Tree Gully Rendezvous. The venue alone is worth a squizz. Not many U3As have a whole school to call their own.

I already know one local ukulele player will be attending for the pleasure of strumming along with a group. Wouldn't it be good to have a local uke group? Can anyone suggest a group leader?

*See you back in the classroom,
Claire*

CLASS NEWS

Positive Psychology comes to Clare thanks to the magic of the internet. Actually it is part of a trial for sharing online presentations State-wide so it is not only Clare but possibly other U3As too.

This short course (5 weeks) will be taught via Zoom by Priscilla Jordan who has successfully presented this topic multiple times to U3A Adelaide, U3A Riverland and others.

Priscilla worked as an occupational therapist in mental health before retiring. She felt the need to keep on using her brain and wanted to offer something which could help people have a better life. Priscilla studied for 12 months to qualify.

Learning about positive psychology, and then applying it can help you to improve your life.

French remains in recess due to lack of enrolments.

Meditation for Relaxation has been cancelled due to group leader Anne Smith retiring.

WHAT'S POSITIVE PSYCHOLOGY?

Positive psychology is an umbrella term which includes the theories and research about what makes life worth living. Positive psychology accentuates strength, health and resilience.

There are many positive psychology interventions which are simple activities that, if you use them, can enable you to improve your well-being. The interventions that are recommended have all been tested and found to be effective. An example of a positive psychology intervention is: 'three good things': every night for a week, before going to sleep, write down three things that went well that day, and why they went well. Studies have shown that when people do this, six months later they are less depressed and have higher positive emotion.

If you would like to make some positive changes in your life to help you to move towards thriving and beyond, then please consider doing this short course.

It will also involve some between-sessions reading sent by email to support your learning. The topics of the five sessions over the 5-week period are:

- Positive emotions;
- Character strengths;
- Mindfulness;
- Motivation and resilience;
- Habits and how to make positive changes.

DOES ZOOM BITE?

DO YOU HAVE TO BE CLEVER TO USE ZOOM?

DO YOU NEED SPECIAL SOFTWARE?

No, no and no.

You do need access to a computer (or smart phone) with internet and have an email address. If you can hear things on your device, that means your speakers are on and you are half-way there.

All but the most ancient devices would have an in-built camera. Have that turned on so everyone will be able to see you and know who they are chatting with. If your camera is not on then we won't know if you are in your pyjamas. (Don't try anything more risqué just in case we can see you after all.)

Move your computer according to what background you feel comfortable showing the world (no-one ever sees my messy desk) and try to put a light source in front of you (natural light through window or a lamp) so your face doesn't appear as a black blob.

Do a test run by clicking on: <https://zoom.us/test>. There you can test your audio, etc. If you move your mouse over the bottom of the screen, other options will appear. You can mute your microphone, click on 'Participants' and then your name if you want to change how your name appears, 'Chat' will open a side panel where you can write comments without interrupting the speaker, 'Reactions' will allow you to signal that you have a question to ask, applaud a comment, etc. Do mute your microphone, if you are likely to have a dog yapping or a helpful spouse offering you cups of tea or advice.

If you enrol in a Zoom class or meeting, before each session the organizer will send you an email with a link to click on at the appropriate time.

Click on 10 minutes early so you can iron out any teething problems, get comfortable with the format and exchange small talk with other participants.

Once you have mastered Zoom you can have free video calls to your grandchildren or friends no matter where they are in the world.

People only pay for Zoom if they want to have sessions over 40 minutes. Alternatively you can always have a chain of free under-40-minute calls.



U3A TEA TREE GULLY 2021 RENDEZVOUS Tuesday 5 October to Thursday 7 October

Bookings through TryBooking.com open Thursday 1 July and close on Tuesday 31 August. Each day can be booked individually at \$20 a day.

Building open from 9am for coffee, juices and biscuits.

Morning sessions: 10am – 12 noon

Light lunch of sandwiches and soft drink from 12 noon included in fee.

Afternoon sessions: 2-4pm

Dinner Tuesday and Wednesday will be organised at local function rooms from 6pm.

A quiz hour will be organised for those who have booked for the dinner and wish to stay on at U3A rather than return to their accommodation between end of classes and dinner.

Full programme can be found on U3A Tea Tree Gully's website <http://www.u3attg.org.au/> and go to their 2021 Rendezvous page.

PHOTOGRAPHY COMPETITION

After a necessary gap year, the annual U3A Lower North photography competition returns. Photos displayed and prize awarded to winner at our AGM in October.

Everybody please make sure your group has at least one photo of one or more of your members in action. We will also welcome photos on the COVID theme: comedy or tragedy.

Deadline: Entries to be submitted to the Secretary by Friday 18 October. Make sure you are in the running for a box of yummy Lindt chocolates.

LOWER NORTH FACTS & FIGURES FOR THE FORGETFUL

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.

2021 Rendezvous bookings ____ 1 July to 31 August

TERM 3: __ Monday 26 July to Friday 17 September
U3A Tea Tree Gully 2021 Rendezvous __5-7 October

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

U3A PAYMENTS

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).

NAME TAGS

The order, gathered over a couple of years, was finally processed, possibly too late for some who may have moved on to greener pastures. If you ordered one and it hasn't been delivered, please contact our secretary, Ian Foster.

ENROLMENTS

If you enrol in an activity at the start of the year you are considered enrolled for the full year and do not need to renew your enrolment until 2022. However, if you drop out of a class please notify the group leader and course coordinator as someone else may be on the waiting list.

2021: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	28/7/2021	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue, 9.30 am – 2.30 pm	10/8/2021	Burra Showgrounds
Book Group	<i>Hermann Weber</i>	Alt Thu 10.30 am – 12 noon	5/8/2021	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3.30 pm	29/7/2021	Clare Town Hall
Chess	<i>Ian Bails</i>	Tue 1.30 – 4 pm	26/7/2021	Essington Mews
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	28/7/2021	Various
Computing 1	<i>Quentin Fleming</i>	Fri 10 am – 12 noon	30/7/2021	Clare Town Hall
Computing 2 iPads	<i>Marian Wicks</i>	Tue 12 noon – 1.30 pm	27/7/2021	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	26/7/2021	Tourist Centre, Clare
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10.30 am	29/7/2021	25 Edward St, Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	5/8/2021	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	26/7/2021	St Barnabas, Clare
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10 am	27/7/2021	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	27/7/2021	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	1st Tue 2 pm	3/8/2021	Blyth Cinema
History	<i>Val Tilbrook</i>	Fri 10 am – 12 noon	30/7/2021	St Barnabas, Clare
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	27/7/2021	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4 pm	27/7/2021	Auburn Institute
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	28/7/2021	St Barnabas, Clare
Music Appreciation	<i>Helen Weckert</i>	1 st , 3 rd Wed 2.30 – 4.30 pm	28/7/2021	10 March Ct, Clare
Positive Psychology	<i>Priscilla Jordan</i>	Wed. 10 – 11 am	28/7/2021	Your Home via Zoom
Quilting	<i>Diane Richardson</i>	Thu 10 am – 1 pm	29/7/2021	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1:15 pm	26/7/2021	St Barnabas, Clare
Walking Group Sevenhill	<i>Margaret Daly</i>	Mon 8 am	26/7/2021	Riesling Trail
Walking Group Auburn	<i>Kathy Alty</i>	Thu 8.30 am	29/7/2021	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. Deadline Saturday 17 July: 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 overleaf.

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