



U3A LOWER NORTH

Sharing Skills and Experience with Friends

SEPTEMBER 2021 🍁 TERM FOUR

University of the Third Age Lower North Incorporated

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

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

Dear Members,

Greetings from suburbia yet again but hope to be back in the Clare Valley soon to enjoy Spring and of course a very busy term for our U3A.

We are trying for a traditional Annual General Meeting and have found an impressive guest speaker for the last Friday in October (29th). If COVID intervenes we will go for a stripped-down version online via Zoom, no speaker, just to satisfy legal requirements and to formalise the acceptance of our four new committee members.

Some of you may have already seen our AGM guest speaker, Rebecca Sullivan, on SBS or at the Garden Fair. Rebecca is a sustainable living advocate living locally in a straw bale home off the grid on a 90-acre eco-farm. She has worked with some of the world's best food producers, academics, activists, and chefs. A food curator, consultant, TV presenter, activist, author of seven books, regenerative farmer and social entrepreneur having founded Australian Native wellbeing brand Warndu with her partner Damien.

Rebecca has worked on many global sustainability projects from launching the Real Food Festival in London to being Taste Curator on Slow Food Nation in San Francisco, farming coffee in Uganda to working with climate change scientists in the Maldives for the United Nations.

Rebecca completed her Masters in Climate Change and Sustainable Agriculture at the Royal Agricultural University in Gloucestershire, UK in 2010, focussing on food security and a sustainable food future.

The AGM always ends with a generous afternoon tea to celebrate our birthday (17 this year) so do come along and feel free to bring a friend to hear Rebecca.

Deadline for nominations and photo contest is 5 pm Friday 22 October. No nominations at meeting. Despite the talent amongst our new committee, we still need a publicity officer. If you are interested, let us know. Joining committee is optional.

Group leaders will have noticed we have a new course coordinator, Hilary Adlam, who is looking at ways to get out and meet everyone. Please make her job easier by responding promptly to her emails, etc.

My thanks to everyone who has done their best to observe Health SA's regulations regarding social distancing, sanitising, mask wearing and most importantly working towards 100% vaccination.

Some of our activities necessitate close contact so mask wearing makes sense. By now everybody should have found a design which suits them. I have seen some beauties: cartoon fabric, sequined, etc., though I suspect the crocheted versions provide as much coverage as that macrame bikini my mother made me in the 1960s.

We do it not only for our own safety but to protect other members many of whom are particularly vulnerable due to underlying health conditions.

Sadly, the biennial U3A Rendezvous at Tea Tree Gully has been cancelled due to low enrolments.

*See you back in the classroom,
Claire*

ACTIVE ARTISTS

U3A artists have been enjoying a productive time and there are plenty of opportunities for us to check out their work.

Once again, they will have a marquee at the RFDS Art and Garden Spring Fair to be held at Lakeside Railway, Melrose Park on Sun 24 October from 10am to 3pm. Some of their art will be for sale but you can also watch it being created as a few of the artists will be there painting on site, *en plein air*.

Members currently have paintings exhibited at Linhay in Auburn for French Fest, also Jamestown and Gladstone for 'A Brush With Art' (more details: <https://abrushwithart.com.au>).

MORE NEW FACES

In the last issue we welcomed Jillian Wood and Bonnie Stanley to the committee. Since then another two new members have joined us: Hilary Adlam and Elizabeth Bryan. They are all very capable people and we are pleased to have them aboard. Currently co-opted to the committee due to mid-term vacancies, their nominations will be ratified at our October AGM.

END OF YEAR CELEBRATIONS

Our end-of-year break-up lunch and movie is scheduled for the first Friday of December (3rd). To observe COVID restrictions, we may move into the large hall to allow proper distancing with the Blyth ladies serving the food.

NEW MEMBER PAYMENTS

Payments 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 TERM 4

TERM 4: _ Monday 11 October to Fri. 3 December
Annual General Meeting: _____ Friday 29 October
Tea Tree Gully Rendezvous _____ CANCELLED
End-of-year lunch & movie: ___ Friday 3 December
Registration Day _____ Thursday 9 December
If meeting outside these dates inform the secretary to protect group leader insurance.

CLASS UPDATES

Despite restrictions, many classes are still thriving with their social component as strong as ever. Sadly we are offering less subjects than we have in many years: some through tutor retirements, others due to low enrolments, exacerbated by COVID.

The latest is long-time staple **History** which Val Tilbrook has postponed indefinitely citing COVID regulations as being too restrictive.

Ian Bails is once again running **Chess** at Essington Mews and has vacancies for new players wishing to take up the game. Playing chess is said to have many benefits including:

- Develops perspective
- Improves memory
- Deepens focus
- Elevates creativity
- Boosts planning skills
- Increases self-awareness
- Protects against dementia
- Helps ADHD

It is also a great game to teach to grandchildren. It has the same benefits for them and you can go on playing it with them for years to come. Not many games are so cross-generational. (Perhaps poker but parents aren't so keen on you teaching that to their kids.)

French remains on hold due to lack of sufficient enrolments. We might revive things with a simple French for Travellers next year.

Book Group 2 saw some prejudices exposed when they were asked to read a Barbara Cartland. Kath Lock says it provoked a great discussion amongst those who accepted the challenge.

NEW CLASSES VIA ZOOM

Anyone wishing to check out what is available on the trial of Statewide online courses should go to: <https://u3asouthaustralia.org.au/courses-2/>.

Click on the course list which is slowly building. For the unsure, it even includes beginner sessions on using Zoom. Other single-session topics include talks on Agatha Christie, and the Portuguese discovery of Australia. Courses include armchair travel and a monthly murder mystery book group.

Do be brave and try it out. All feedback welcome.

Friday 29 October

U3A Annual General Meeting

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

Guest speaker: **Rebecca Sullivan**, sustainable living and 'granny skills' advocate

Entries in annual photography competition on screen and winner announced

Afternoon Tea to follow

Nominations for election close with Secretary on Friday 22 October 2021

Photos showcasing U3A activities to u3alownorth@gmail.com

Plan B: If any new COVID restrictions prevent us meeting in person, click on:

<https://zoom.us/j/91774060449?pwd=eFowclRRU0xRcjduXNlYkEwZXA1Zz09>

Meeting ID: 917 7406 0449 Passcode: 370902

Friday 3 December

U3A End of Year Lunch & Movie

Starts at 12 for 12.30 pm, Blyth Hall side entry

Please bring a plate of finger food to share

Movie to follow at Blyth Cinema

(yet to be selected but we always try for something special)

Remember we need to book cinema seats so get in early

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

The secretary will be accepting early bookings but full details will be in the final 2021 newsletter



Nomination for Office

Office: _____ Nominee: _____

Nominated by: _____ Signed: _____

I accept this nomination. Signed: _____

To be in the hands of the Secretary by 5 p.m. on the Friday preceding the AGM.

2021: FOURTH TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30am – 1:30pm	13/10/2021	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tuesday, 9.30 – 2.30	12/10/2021	Burra Showgrounds
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30am – 12noon	21/10/2021	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30-3.30 pm	14/10/2021	Clare Town Hall
Chess	<i>Ian Bails</i>	Tue 1:30 – 3:30pm	11/10/2021	Essington Mews
Coffee & Chat	<i>Val Tilbrook</i>	Wed 10:30am	13/10/2021	Various
Computing 1	<i>Quentin Fleming</i>	Fri 10am – 12 noon	15/10/2021	Clare Town Hall
Computing 2 iPads	<i>Marian Wicks</i>	Tue 12 noon – 1:30pm	12/10/2021	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	11/10/2021	Tourist Centre, Clare
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am – 12noon	14/10/2021	25 Edward St, Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu. 1.30 – 3pm	21/10/2021	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon. 10am – 11.30noon	11/10/2021	St Barnabas, Clare
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10am	12/10/2021	Lutheran Hall
Exercise 2	<i>Chris Roberts</i>	Tue 10 – 11am	12/10/2021	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	1st Tue 2pm	5/11/2021	Blyth Cinema
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4pm	12/10/2021	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4pm	12/10/2021	Auburn Institute
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4pm	13/10/2021	St Barnabas, Clare
Music Appreciation	<i>Helen Weckert</i>	1 st , 3 rd Wed 2pm	20/10/2021	10 March Ct, Clare
Quilting	<i>Diane Richardson</i>	Thu 10am – 1pm	14/10/2021	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	11/10/2021	St Barnabas, Clare
Walking	<i>Margaret Daly</i>	Mon 8am	11/10/2021	Sevenhills

STATEWIDE ONLINE COURSE TRIAL: view courses or enrol at: <https://u3asouthaustralia.org.au/courses-2/>



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

RETURN new or changed enrolments ASAP: U3A office door box in Clare Town Hall, or P.O. Box 480, Clare SA 5453 (messages 0447 601 142, asku3a@gmail.com).

New members should complete a once-only New Members Enrolment Form (downloadable from website or we can email you one).

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.

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