



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2022



TERM TWO

University of the Third Age Lower North Incorporated



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Dear Members,

Greetings from a smug hollow in the Clare Valley. It has become so smug as, after every news broadcast, I tell it that it is 'the best place in the world to live'.

Thank you to everyone who is still observing the COVID regulations and even if they are officially lifted, you are most welcome to retain them at U3A events. Besides COVID being with us for a long time to come, all those precautions eliminated the usual flu season last year.

It has put limitations on social occasions and even sharing tea and coffee. We got around it at our December break-up by having food servers rather than self-serve. Nothing saved the group leaders lunch which we cancelled in February. We still had a group leaders meeting, safely socially-spaced with the usual distribution of goodie bags. Thanks to COTA and Tim Siv for some of the bag fillers.

At our last committee meeting we re-scheduled the lunch to the break between Terms 2 and 3. Let's hope there isn't another COVID spike or new variant which prevents it.

Membership numbers are down on pre-COVID figures but a couple of new classes should be real drawcards as well as pleasing existing members. Both in their different ways are directed at health and wellbeing.

Starting this coming term is Jillian Woods' series of Wellness Workshops for those wanting to take an

active step towards improving their own wellbeing. Limited numbers so book early. (Full details inside.)

Later in the year we will have a new singing group: but not a choir I am told. (Read more inside.)

As well as these homegrown groups, there is a whole new world of opportunities opening up through U3A Statewide. Statewide is a collection of courses and single sessions hosted by U3As from across South Australia. You can attend from the comfort of your own home and check out the best from other U3As.

Some people are prejudiced about trying Zoom but soon become hooked by all the possibilities that it opens. Enrolments for Statewide are made online at www.u3asouthaustralia.org.au. There is French, Italian, Philosophy, Climate Change information, Geology, social media, etc., even ukulele, filling many gaps in our local offering. If you need help or have questions, let Hilary know.

When you enrol in any group, please note the class details of start time and venue. If you can't make it or will be late, do notify your group leader. Some group leaders travel long distances and it is very frustrating when they make that effort to find that not enough members turn up to justify the time and expense of the trip.

I hope term one went well and wish you all a Happy Easter.

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

CLASS NEWS

We established a second **Book Group** (Thursday p.m.) because the first (Thursday a.m.) was always full to capacity. Now group leader Hermann Weber tells me they have had a couple of retirements leaving space in the Thursday morning sessions.

The **Auburn Mahjong group** certainly gets around. Over the years they have had many venues but it looks as if they are currently enjoying the hospitality at Auburn's Rising Sun Hotel. We are always looking for ways to encourage more men to join U3A, but meeting in pubs could prove the answer.

This year French returned to the programme under a new format, **French for Travellers**, with no prior learning required. Kath Lock was at first disappointed by the low enrolments but it seems quality beats quantity and she says they are bonding into a great team.

The new **Petanque** pistes have certainly reawakened interest in the game within U3A. Group leader Kerry Lampard reports twenty players registered with between six and ten players attending each week. C&GV council have just put the bench seating in position. The piste itself needs another layer of blue metal and compacting, which should happen shortly. Future sessions will move to Tuesdays 3 to 5 pm.

Computing 2 iPads with Marian Wicks won't go ahead in Term 2. Marian has a lot of calls on her time and attendances were unreliable this term.

If you want to enrol in iPads in Terms 3 or 4, do submit your enrolment in the usual way and we will see if there are enough to warrant holding classes and Marian's drive down from Yacka.

Eventually we will lose Marian to her new home being built at Eden Hills so if we have any keen iPad users who would like to take it on, I am sure Marian would provide every assistance.

The **Walking Group** varies its starting points along the Riesling Trail. Group Leader Margaret Daly will notify any new members about their start point on the first walk of term.

History Group remains in transition. After many years under Val Tilbrook's leadership, it has failed to find a successor. Ian Foster reports that attendances have remained steady at about 10 to 12 in recent weeks. More members intend on contributing to sessions and generally helping out to lighten the load. If anyone knows of a history buff in the district willing to lead this group, please let us know.

GROUP LEADERS

Unfortunately, due to COVID, we cancelled the lunch which usual follows our February meeting. The last committee meeting decided to reschedule it for Thursday 7 July. Fingers crossed.

Leaders are reminded to return their Term 1 attendance sheets as soon as possible to Hilary or Ian. They must include names of everyone who has attended. Save a stamp by putting them in the letterbox on our door in the Clare Town Hall foyer.

Leaders are also asked to consider sending a group email to their class before the start of each term, reminding them of start dates. It is especially important when you have new members, and even established members are not always good at reading the newsletter and marking their calendars.

ART EXHIBITION

The U3A Art Exhibition, with works from both the Auburn and Burra Art Groups, ran from 2 to 28 March at the Clare Art House in Mill Street.

The artworks attracted lots of interest from local and interstate visitors. Two paintings were sold during the Exhibition, and lots of their hand-painted greeting cards. (Some artists will have to do a restock.)

Currently U3A artists have paintings exhibited in the Burra Hospital, and the Peterborough Art Prize; in April entries in the Clare Valley Wine and Tourism Centre; and May the Clare Rotary Art Exhibition, which is held in conjunction with Gourmet Weekend

REMAINING DATES FOR 2022

2022 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 14 February to Friday 8 April

TERM 2: _____ Monday 9 May to Monday 4 July

TERM 3: _Monday 1 August to Friday 23 September

TERM 4: Monday 17 October to Friday 9 December

Annual General Meeting: ____ Friday 4 November

End-of-year lunch & movie: ____ Friday 9 December

Enrolment day for 2023: __ Thursday 15 December

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 then initial, e.g. Jim Smith = smithj. Emails: u3alownorth@gmail.com

WELLBEING WORKSHOP

In the coming term Jillian Wood will be running a series of four workshop sessions. Jillian says the major outcomes participants can expect are increased self-awareness and acquisition of practical skills to promote personal wellbeing.

Jillian invites you to come along, join in, learn a lot and have some fun. Tea and coffee will be available.

DATES: Wednesday 25 May, 1 June, 8 June, 15 June.

TIME: Each session will run from 9.30 to 11.30 am.

VENUE: Clerk's Office, Clare Town Hall.

NUMBERS: Limited to 8

Additional information:-

- Templates will be provided to assist in identifying where you are now with your wellbeing and where you want to be.
- Skills and strategies will be discussed in detail to support you in maximising your wellbeing.

The course is facilitated by Jill Wood a former accountant with an MBA (UniSA) and more specifically for this occasion a diploma in life coaching.

For further information please contact Jill on M: 0422 927 767 or email jwoodclare@bigpond.com.

To enrol fill in the form on back page or message Hilary 0447 601 142, or email asku3a@gmail.com.

SINGALONG

One of our other new committee members, Bonnie Stanley, intends to start a singing group. She says it is definitely not a choir, just people who appreciate a good singalong.

It will be more group karaoke than choir. Bonnie will load the day's music selection on her laptop and project the lyrics on the wall screen. I don't know if it involves full video clips or just backing music and lyrics. Sounds like fun either way. The format has worked very successfully at U3A Tea Tree Gully.

Music lovers may have always known it but now scientists have confirmed empirically that music is good for our mental health.

A review of 26 studies across several countries found benefits of music include a clinically significant boost to mental health similar to those of exercise and weight loss.

Which would you prefer: diet, gym or singing? That's enough to make me burst into song.

STATEWIDE

As mentioned on the front page, Statewide has a wide programme of online sessions. 'Living in the Cloud' is a series from which you can pick the topics of most personal interest.

LIVING IN THE CLOUD starting April 13

With John Travers and Helen Elix.

These 5 sessions are for members who use their digital devices regularly but have a suspicion that they could be getting much more out of them. You can choose to attend the topics that interest you. They are about using the Cloud to link their devices: phone, computer and maybe iPad to work as one efficient system.

No 1 CONNECTED April 13 How to link your devices and your family for Notes, Calendar, Contacts, Security, and more so that everything is connected, whether on your phone, tablet or computer. (John)

No 2 SEARCH April 27 How to search in a smart way, find accurate information, manage web addresses, answer questions quickly and reliably. How to keep bookmarks. How to assess the credibility of a site, and find the hidden tools in Google. (John)

No 3 PHOTOS May 11 Anyone can store their photo collection online, convert old photos to digital, sort and manage large collections, edit and add date and location, using Google Photos or Apple Photos. Both provide huge online storage and map location of photos. (John)

No 4 FACEBOOK May 25: An overview of Facebook basics with particular focus on setting up a U3A page to build social networks among members and also includes local communities, finding help and support, managing settings and privacy, audience selection, monitoring and encouraging participation. (Helen)

No 5 SECURITY & PASSWORDS June 8: Handling scam messages, unwanted messages, secure payments, and a focus on using a password manager to be really safe and secure.

It is being presented by a couple of people with wide experience in IT. Helen Elix teaches computer courses for U3A Murraylands. John Travers, designed the entire Statewide project and his former career included such things as designing and presenting Masters topic on use of Information and Communications Technology (ICT) in education in Beijing Capital Normal University; designing and lecturing in Digital Literacy undergraduate degree in teacher education. So you will be in good hands.

2022: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	11/5/2022	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	10/5/2022	Burra Showgrounds
Book Group 1	Hermann Weber	Alt Thu 10.30 am – 12 noon	19/5/2022	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	12/5/2022	Clare Town Hall
Chess	Ian Bails	Mon 1.30 – 4 pm	9/5/2022	Essington Mews
Coffee & Chat	Doreen Hill	Wed 10.30 am	11/5/2022	Various
Computing 1	Quentin Fleming	Fri 10 am – 12 noon	13/5/2022	Clare Town Hall
Contract Bridge	Peter Wood	Mon 1.30 – 4 pm	9/5/2022	Tourist Centre, Clare
Cryptic Crosswords	Greta Handmer	Alt Thu 10.30 am	12/5/2022	25 Edward St, Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	19/5/2022	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	9/5/2022	tba
Exercise 1	Chris Roberts	Tue 9 – 10 am	10/5/2022	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	10/5/2022	Lutheran Hall
Film Group	Val Tilbrook	1st Tue 2 pm	3/5/2022	Blyth Cinema
French for Travellers	Kath Lock	Thu 3 – 4 pm	12/5/2022	Clare Town Hall
History	tba	Fri 10 am – 12 noon	13/5/2022	St Barnabas, Clare
Knit and Sew	Mary Clark	Tue 2 – 4 pm	10/5/2022	Clare Town Hall
Mah-jong, Auburn	Sue Beaton	Tue 2 – 4 pm	10/5/2022	Rising Sun Hotel
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	11/5/2022	St Barnabas, Clare
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2.30 – 4.30 pm	4/5/2022	10 March Ct, Clare
Petanque	Kerry Lampard	Tue 3 – 5 pm	10/5/2022	Melrose Park
Quilting	Diane Richardson	Thu 10 am – 1 pm	12/5/2022	St Barnabas, Clare
Scrabble	Carol Stewart	Mon 1:15 pm	9/5/2022	St Barnabas, Clare
Walking Group	Margaret Daly	Mon 8 am	9/5/2022	Riesling Trail
Wellness Workshops	Jillian Wood	Wed 9.30 – 11.30 am	25/5/2022	Clare Town Hall

STATEWIDE ONLINE COURSES: 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: 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).