



U3A LOWER NORTH

Sharing Skills and Experience with Friends

NOVEMBER 2018 🍁 TERM ONE 2019

University of the Third Age Lower North Incorporated

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

Messages 0447 601 142, Email u3alownorth@gmail.com

Secretary: Beth Smith 8842 2506, bethsmith43@outlook.com

Course Co-ordinator: Quentin Fleming 0447 601 142 (leave a message), asku3a@gmail.com

Chairman, newsletter & website: Claire Eglinton, 8842 3939, eclair5453@gmail.com

Publicity Officer: Dinoo Kelleghan, 0447 133 353, dinookelleghan@gmail.com

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

Dear Members,

Greetings from a clipped hollow in the Clare Valley sporting short back and sides to face the fire season.

Good to see many of you at the AGM to hear our guest speaker. Our sadness at farewelling Justin Brady from the committee was tempered by welcoming a new face, Dinoo Kellaghan. Dinoo has a background in journalism and will be taking over as publicity officer.

Congratulations to Ann Foster for winning the photography competition. The purpose of the competition is to create a small library of suitable photos to promote U3A activities so we like all groups to enter.

Yet again Treasurer Peter Wood presented a very positive picture of our finances. Future surpluses will be much smaller due to the current government not renewing our State network's grant. Not only will we no longer benefit from State funding but we will have to pay more to support U3A South Australia until they find new finance streams. They are currently looking for commercial sponsorship if anyone has any ideas.

Well done to the Art Group who had their official opening at Linhay Gallery straight after the AGM. A great selection of art, plentiful refreshments and Mayor Aughey in fine form made for a splendid event and a fun photo which starred in the national bulletin.

There have been some small programme changes, with altered times, days, etc. Please check the programme carefully for any changes to your times.

*Hope to see you for lunch at Blyth,
Claire*

End of Year Lunch & Film

You are invited to lunch with friends then sit back and watch *Ladies in Black*.

Friday 7 December will be our final day for the U3A year with lunch, 12 for 12.30, at the Blyth Hall supper room. Please bring a plate of finger food suitable for sharing. Soft drink provided.

After lunch and a chat (remember name tags), it's over to the air-conditioned cinema for our film.

Based on the bestselling novel by Madeleine St John, *Ladies in Black* is described as an alluring and tender-hearted comedy drama.

Ladies in Black is set in Sydney in the summer of 1959, against the backdrop of Australia's cultural awakening, breakdown of class structures, and female liberation. It is a coming-of-age story of a suburban schoolgirl who takes a summer job at a large department store. There the saleswomen open her eyes to a world beyond her sheltered existence, and foster her metamorphosis.

Please book early with Quentin (0447 601 142, asku3a@gmail.com) or Beth (0407 079 505). To pay on day put booking slip with exact money in envelope to speed processing, arrive 11.30am to avoid queue. Film tickets will be issued.

Do take this opportunity to catch up and thank group leaders before we all go in different directions for the festive season.

ACTIVITIES IN 2019

We are starting with slightly fewer activities this year than 2018. Others may go on endangered list unless they attract more enrolments. The star new short course is Conscious Ageing (see opposite).

A couple of classes have moved time and day to allow them to use the Clerk's Office meeting room with its overhead data projector for screening notes or videos to enhance course content.

Law Talk with Christopher Cocks made such a spectacular debut at the 2017 AGM with a tale of bloody murder that some members may have mistakenly expected a murder mystery every time. Not so. We have been given the opportunity to examine some important legal decisions such as the Mabo case. Of course Chris guides us towards reading the best decisions by High Court judges but I found some amusement in the bad decisions. For 2019 Law Talk has moved to Tuesdays and the fourth week of each term.

Some of the legal decisions can be lengthy and as not everyone has the ability to receive them online, we will maintain the practice of printing out a copy and putting it in the Clare Library. Members can ask for it at reception desk and read it on the premises.

Current Affairs is moving to Thursdays. 1.30 to 2.45 is an odd time slot but it allows existing members to squeeze it between French and Bridge. We are hoping the new time slot will attract new members who are looking for a chance to debate the news topics, be they local or international. We usually expose a diversity of opinions to enliven the discussions.

History group members have been researching and presenting their own family histories to the class.

French: Kath Lock will be the new group leader for French II. Claire will continue with French I.

Exercise: Chris Roberts has decided on a later start next year to avoid the worst of the summer heat.

oOo

U3A ETIQUETTE

Please wear your name badge and send an apology to the group leader if unable to attend.

Group leaders: Secretary Beth has requested any outstanding attendance sheets to be returned via the U3A letterbox in the Town Hall foyer. Beth is currently sending out invitations so please RSVP promptly.

CONSCIOUS AGEING

Conscious Ageing is an 8- week program designed to: cultivate wisdom, connect with others, celebrate life.

Topics include:

- Life review
- Self-compassion
- Forgiveness
- Transformative practices
- Death makes life possible
- Surrender — letting go
- Creating a new vision of ageing

Each week includes reflection, small group discussion and some individual writing. This will replace Meditation for Relaxation for one term only.

Meditation tutor Anne Smith was so inspired by a similar course that she undertook training to pass on this knowledge. It will be a one-off opportunity with the time slot reverting to Meditation in Term 2.

Anne is recently returned from the UK where she completed the Cornish coastal path from St. Ives to Penzance. It was 52 kms of walking over 5 days staying at B&Bs along the way. So about 10kms of walking a day mostly along the top of cliffs and down into valleys with magnificent views of the English Channel, headlands, and small fishing villages. The weather was mostly fine but one day they were buffeted by high winds close to the cliff edge and were glad the wind was blowing inland.

A highlight was walking through Poldark country past the tin mines and villages used in the BBC series but sadly no sighting of Ross Poldark. Anne said "the walk had a meditative quality as I had to be fully aware of where my feet were at any one time climbing over the rocks and boulders, plus the wind on my skin, the sounds of the birds and many wonderful sights including a sea otter and lots of wonderful birds."

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.

Enrolment days at Clare Town Hall: _____

Thursday 13 December and Thursday 24 January

Deadline for enrolments and payment: __ 24 January

Group Leaders Event: _____ Wednesday 6 February

TERM 1: __ Monday 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

ENROL NOW FOR 2019

Enrolments do not carry on from one year to the next. To ensure your place, please submit enrolment slip and payment as soon as possible. Enrolments are processed on a first come first served basis. While some groups struggle for numbers, others fill very quickly. Group leaders should tell Quentin how many to accept before the CLASS FULL sign goes up.

EARLY BIRDS SAVE \$10

The annual subscription is \$35 but there is a \$10 discount for payment before Thursday 24 January. Don't risk forgetting. Enrol and pay now.

To avoid confusion from the growing number of options, we have streamlined the fees for 2019. There will be no half-year discount for new members joining in the second half of the year.

When the early bird rate expires on 24 January, it will be \$35 for the rest of the year. However anyone joining for the first time in Term 4 will be financial for the coming year as well, 5 terms for the price of 4.

Payments can be made 4 ways:

- Registration Days. Thursday 13 December or Thursday 24 January. Treasurer and/or Course Coordinator will be in the Stan Scott Room, Clare Town Hall from 9 am to 3 pm **or**
- at Blyth lunch before 12 (place exact money and completed booking slip inside an envelope); **or**
- 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

Conference style name tags are issued free of charge.

Hard white plastic name tags sported by some members are available with pin or magnetic backing for \$12. We only put in one order a year (after enrolments close) so if you want one, make sure your name is on the list and you have paid in advance.

N.B. magnetic backs are unsuitable for those with a heart pacemaker.

When ordering, please print your name as you would like it to appear on tag so we know if you want to be a Chris or Christopher Smith.

NEW MEMBERS TO TRIAL NEW ENROLMENT FORM

With our growing membership, the committee has realized we need more detailed records of our members. The enrolment slip on the back page of the newsletter is too crowded for anything more so we are trialling a once-only full-page enrolment form which will be completed by new members when they first join. For re-enrolments the slip in the newsletter each year will be sufficient.

Once we have sorted out the details of how to distribute and how to collect we may also ask our existing members to fill it out just once to make our records complete.

oOo

I have reached an age when, if someone tells me to wear socks, I don't have to.

Albert Einstein (1879-1955)

By the time you're eighty years old you've learned everything. You only have to remember it.

George Burns (1896-1996)

Friday 7 December

U3A End of Year Lunch & Movie

Starts at 12 for 12.30 pm, Blyth Supper Room

Please bring a plate of finger food to share

Australian film *Ladies in Black* to follow at Blyth Cinema

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

\$12 a head, contact Beth or Quentin to book

\$2 option for lunch only, or \$10 for movie only. Booking slip over page with enrolment

2019: FIRST TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art	Gerald Moore	Wed 9:30am – 1:30pm	13/2/2019	Auburn oval
Book Group	Marianne Holliday	Alt Thu 10:30am – 12noon	14/2/2019	Clare Library
Chess	Ian Bails	Tue 2:30 – 4:30pm	12/2/2019	Essington Mews
Chinese (Mandarin)	Ron Bevan	Mon 10am – 12noon	11/2/2019	Clare Town Hall
Coffee & Chat	Val Tilbrook	Wed 10:30am	TBA	Various
Computing 1	Quentin Fleming	Fri 10 am – 12 noon	15/2/2019	Clare Town Hall
Computing 2 iPads	Marian Wicks	Tue 12 noon – 1:30pm	12/2/2019	Clare Town Hall
Conscious Ageing	Anne Smith	Mon 1–2.30pm Term 2 only	6/5/2019	Clare Town Hall
Contract Bridge	Peter Wood	Thu 3pm	14/2/2019	St Barnabas
Cryptic Crosswords	Greta Handmer	Alt Thu 10:30am – 12noon	21/2/2019	25 Edward St
Current Affairs	Claire Eglinton	Alt Thu 1.30 – 2.45 pm	14/2/2019	Clare Town Hall
Drumbeat	John Monten	Mon. 10am – 12 noon	11/2/2019	St Barnabas
Exercise 1	Chris Roberts	Tue 9 – 10am	26/2/2019	Lutheran Hall
Exercise 2	Chris Roberts	Tue 10 – 11am	26/2/2019	Lutheran Hall
Film Group	Val Tilbrook	1st Tue of month 2pm	5/2/2019	Blyth Cinema
French 1 Basics*	Claire Eglinton	Thu 9.30 – 10.30 am	14/2/2019	Clare Town Hall
French 2*	Kath Lock	Thu 10.45 am – 12.30 pm	14/2/2019	Clare Town Hall
Furniture Restoration	Barrie Smith	Wed 10am – 12noon	13/2/2019	Blyth
History	Val Tilbrook	Fri 10am – 12noon	TBA	St Barnabas
Knit and Sew	Mary Clark	Tue 2 – 4pm	12/2/2019	Clare Town Hall
Law Talk	Christopher Cocks	Tue 2 – 4 pm, 4 th week	5/3/2019	Clare Town Hall
Mah-jong, Auburn	Sue Beaton	Tue 1 – 3pm	12/2/2019	Mellers, Auburn
Mah-jong, Clare	Pam Murray	Wed 2 – 4pm	13/2/2019	St Barnabas
Meditation (relaxation)	Anne Smith	Mon 1–2.30pm not Term 2	11/2/2019	Clare Town Hall
Music Appreciation	Helen Weckert	1 st , 3 rd Wed of month, 2pm	20/2/2019	10 March Ct
Petanque	Jim Morran	Mon 1.30 pm	11/2/2019	Cent. Pk, Auburn
Quilting	Diane Richardson	Thu 10am – 1pm	14/2/2019	St Barnabas
Scrabble	Carol Stewart	Mon 1:15pm	11/2/2019	St Barnabas
Walking, Clare	Margaret Daly	Mon 8 am	11/2/2019	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.

Book lunch/film by 2/12/18: P.O. Box 480, Clare SA 5453 (messages 0447 601 142, asku3a@gmail.com)

Name: _____

Have you had a change of address/phone/email since last year?: _____

ENROLMENTS early bird rate \$25 before Thursday 24 January 2019, after \$35. 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 _____

2018 END OF YEAR LUNCH & FILM \$12 For self [] and [] number of guests.

All information kept in accordance with U3A Lower North Inc. privacy policy