



U3A LOWER NORTH

Sharing Skills and Experience with Friends

SEPTEMBER 2022 🍁 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 a boggy hollow in the Clare Valley where for the first time in years the creek is running and the flats are oozing moisture.

Our AGM has attracted some very entertaining speakers in recent years but in 2022 we are going for pure entertainment. Drumbeat members will be there with their African Djembe drums belting out various West African and Caribbean rhythms. More than that, they are going to involve the audience and teach us how it is done. I can see there is going to be some bootie shaking going on.

Save the date: Friday 4 November.

The AGM always ends with lots of chat and a generous afternoon tea to celebrate our birthday (18 this year) so come along and feel free to bring a friend.

NOMINATIONS REQUIRED

Now is the time for a few new members to throw their hats into the ring and nominate for our management committee. Positions falling vacant for vice president, secretary, assistant secretary, and at least one committee person. In U3As everyone is expected to take part and this year it can't be left to the same willing few as some of them need to retire. Some fresh faces bringing skills and enthusiasm to recharge our U3A are really an annual necessity as we are all ageing.

Deadline for nominations and photo contest is 5 pm Friday 28 October. No nominations at meeting.

Let these words from Volunteering Australia encourage you to be one of the good guys, a local volunteer. It benefits you as well as us.

- Volunteering promotes individual wellbeing by offering a sense of purpose and opportunities for social connection. It promotes physical and mental health and supports one's connection to place.
- Volunteering promotes community wellbeing through building networks and relationships between people. Volunteers are part of the social fabric of communities, and volunteering is an indicator of social cohesion and the wider health of civil society.
- Volunteering contributes to progress on many national priorities, including tackling mental health issues, reducing social isolation, responding to crises (such as national disasters and health emergencies), and addressing climate change.

PHOTOGRAPHY COMPETITION

Thank you to everyone who has already submitted entries for the annual photography competition helping us maintain a record showing all groups in action. More welcome. Photos displayed and prize awarded at AGM. Entries close Friday 28 October.

Over the coming pages you will see lots to get you out and about: art exhibitions, a grand opening for Petanque, as well as our special fourth term events, so do read on.

*See you back in the classroom,
Claire*

ACTIVE ARTISTS

U3A art groups have had a busy term with workshops in both Burra and Auburn.

The groups combined to take a bus down to Adelaide where 18 members had a very enjoyable day out at the Art Gallery of SA. It included lunch and a tour of the Archibald 100 exhibition.

In September and October members from both groups have paintings entered in two exhibitions: 'A Brush With Art' in Jamestown, Gladstone and Rororoo; and 'Art of the Flower' in Burra.

Once again, they will have a marquee at the RFDS Art and Garden Spring Fair to be held at Lakeside Railway, Melrose Park on Sunday 23 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*.

END OF YEAR CELEBRATIONS

Our end-of-year break-up lunch and movie is scheduled for Friday 9 December. Keep the date free and look out for full details of film in the next newsletter which will be out at least a week beforehand.

NEW MEMBER PAYMENTS

Remember any new member should fill out the New Members Enrolment Form downloadable from our website www.u3alownorth.webs.com or ask your group leader or any committee member for a copy. 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).

LOWER NORTH FACTS & FIGURES FOR THE FORGETFUL

Petanque Grand Opening ___ Saturday 15 October
TERM 4: _ Monday 17 October to Fri. 9 December
Annual General Meeting: ___ Friday 4 November
End-of-year lunch & movie: ___ Friday 9 December
Registration Day _____ Thursday 15 December
If meeting outside these dates inform the secretary to protect group leader insurance.

CLASS UPDATES

Petanque is back. The players have decided to play every Tuesday during Daylight Saving which this season is from Sunday 2 October to Sunday 2 April. Group leader Kerry Lampard has been down at the Melrose Park pistes getting it all in order. On Saturday 15 October they are planning a grand opening event starting at 2 pm. If you are curious about what they do, I am sure spectators would be most welcome. Seating has been installed.

A couple of new activities have been suggested. We will probably start them in 2023 unless we have some instant response from enough members. Please register expressions of interest for **German language for beginners, calligraphy, monthly lunch club** (needs an organizer).

Auburn Mah-jong has moved venue again. As the pub doesn't open until 3 on Tuesdays, they are now playing at the RSL rooms.

History has resumed after taking a winter break in the face of falling numbers. I hear that, without better attendance, this could be its last hurrah.

Chess has folded once more due to low numbers.

Unfortunately no-one has volunteered to take over our **iPad and Tablet** group so, until they do, that will merge with Quentin's **computer** group.

Coffee and Chat members collect money for various local causes and their latest one is particularly worthy so other members might also wish to donate. Near the Clare High School is an area called The Hill, home to a community garden. The site has a shed with shower: cold shower. Money is being raised to install a hot water service so Clare's shockingly high number of homeless can enjoy a hot shower. (The caravan park now charges an exorbitant fee for this basic need.) Help needed in garden Mondays between 10am and 2 pm

NEW CLASSES VIA ZOOM

Use it or lose it. U3A SA's Statewide online courses are nearing the end of their trial period and may fold through lack of numbers. Those using it are very keen to keep it going, Evidently the Italian and French groups are particularly successful. Anyone wishing to check out what is available should go to: <https://u3asouthaustralia.org.au/courses-2/>.

Why not give it a go? All feedback welcome.

Friday 4 November

U3A Annual General Meeting

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

This year we will have the Drumbeat group give a demonstration
in which we will all be able to participate

Entries in annual photography competition on screen and winner announced

Afternoon Tea to follow

Nominations for election close with Secretary on Friday 28 October 2022

Photos showcasing U3A activities to u3alownorth@gmail.com

Friday 9 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)

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 2022 newsletter



LOWER NORTH

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.

See Secretary if extra forms required.

2022: FOURTH TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30am – 1:30pm	19/10/2022	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tuesday, 9.30 – 2.30	11/10/2022	Burra Showgrounds
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30am – 12noon	20/10/2022	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30-3 pm	27/10/2022	Clare Town Hall
Coffee & Chat	<i>Doreen Hill</i>	Wed 10:30am	19/10/2022	Various, TBA
Computing	<i>Quentin Fleming</i>	Fri 10am – 12 noon	21/10/2022	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	17/10/2022	Tourist Centre, Clare
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am – 12noon	27/10/2022	25 Edward St, Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu. 1.30 – 3pm	20/10/2022	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon. 10 – 11.30am	17/10/2022	To be advised
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10am	18/10/2022	Lutheran Hall
Exercise 2	<i>Chris Roberts</i>	Tue 10 – 11am	18/10/2022	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	1st Tue 2pm	4/10/2022	Blyth Cinema
French for travellers	<i>Kath Lock</i>	Thu. 3pm	20/10/2022	Clare Town Hall
History	<i>Val Tilbrook</i>	Fri. 10am – 12 noon	21/11/2022	St Barnabas, Clare
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4pm	18/10/2022	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4pm	18/10/2022	Auburn RSL rooms
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4pm	19/10/2022	St Barnabas, Clare
Music Appreciation	<i>Helen Weckert</i>	1 st , 3 rd Wed 2.30 – 4.30pm	19/10/2022	March Ct, Clare
Petanque	<i>Kerry Lampard</i>	Tue 3 – 5pm	4/10/2022	Melrose Park
Quilting	<i>Diane Richardson</i>	Thu 10am – 1pm	20/10/2022	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	17/10/2022	St Barnabas, Clare
Walking	<i>Margaret Daly</i>	Mon 8am	17/10/2022	Riesling Trail

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).