



U3A LOWER NORTH

Sharing Skills and Experience with Friends

OCTOBER 2026 🍁 TERM FOUR

based on the University of the Third Age
international educational movement

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

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Dear Members,

Greetings from a sunny hollow in downtown Clare where the blackbirds are suspiciously probing the new turf laid in preparation of parties to come.

This year the Annual General Meeting falls on Friday 30 October and is our only opportunity to all gather together. We hope to see lots of new faces.

After last year's humorous presentation, we turn to a more serious topic. We are all approaching that age where we need knowledge of aged care and disability support services. U3A doesn't recommend any commercial company but when one hears good reports it does arouse interest to learn more. If we wanted to learn more, we thought you would too so come along and listen and ask questions.

Our speaker, Matt Goodfellow, works for an organisation called Mable which provides an online care platform in Australia. Mable is a service that connects people needing aged care or disability support with trusted, independent support workers. Founded in 2014, Mable enables users to take control of their care journey by choosing who supports them, when, and how.

We are expecting many more entries in the annual photography competition. Photos will be displayed and prize awarded at AGM.

The AGM finishes off with a generous afternoon tea. This year is U3A Lower North's 22nd birthday so come along and help celebrate.

We don't take nominations from the floor on the day so if you want to fill one of the committee vacancies, please fill in a nomination form and submit it to anyone on the committee before Friday 23 October.

As mentioned in the last issue we are particularly looking for two committee people with no specific job but willing to help out when needed, plus someone with moderate computer skills willing to be trained to be the new course coordinator.

A WELL-EARNED RETIREMENT

The committee's thanks goes to Greta Handmer who until recently was group leader of Cryptic Crosswords. Greta was one of our founding members and group leader for Cryptics for most of the last two decades only retiring from the job in her 90s. Others may remember Greta striding out leading the walking group for many years as well as her time on the committee. Still living independently in her own home, Greta continues her twin passions for reading and gardening.

Class updates and other news inside, so read on.

*See you back in the classroom,
Claire*

CLASS UPDATES

Many thanks to all the great group leaders who responded to my request for information.

Cryptic Crosswords 2 will run again this term as Sue Mayfield has found a new group of people eager to learn the basics and eventually transition to the main group. The beginners will start at the Visitor Centre at 10 am on Wednesday 14 October.

Book Group 2 on Thursday afternoons (fortnightly) would welcome new members. Kath Lock describes them as enthusiastic and eclectic readers, but with the inconvenience of medical appointments, and occasional holidays it can become difficult with just 3 members. Please come along and give it a go.

Quilting is another enthusiastic and active group with good attendances. One member is in the process of finishing a mammoth piece of handiwork which has drawn admiration from her fellow quilters. Some are preparing show entries while others are continuing with regular activities.

Cards for Fun was started by Katherine Stoddart in 2024. They average 6-12 players on 2-3 tables at the Clare Valley Wine Food & Tourism Centre. Current group leader Barbara Snaddon reports that they have played Cribbage, Sequence, Up and Down the River, and learned new games like Swim and Yanosh. Group favourites have become May I, Phase 10 and Five Crowns a close third. Other games enjoyed include Frustration, Rickety Kate and recently Canasta.

Players meet every Tuesday morning from 9.30 to 12 noon including school holidays. Play is fuelled by the visitor centre's excellent coffee. We are grateful for the space the venue provides and encourage all U3A members to spend a little money there in support.

Mary Clark's group **Knit & Sew** has expanded this last term and now has 11 members with everyone getting along well together. It shows how the fortunes of a group can turn around as this time last year Mary was finishing early due to low attendance.

John Monten reports that 'Drumming is booming.' (Thanks John but I'm in charge of puns.) There are 23 in **Drumbeat** but with quite a few heading north for winter, etc., usual attendance is 15 to 18. It's still a big volume of beats.

This term they have been doing Rumba rhythm African style and John describes it as very enjoyable with lots of laughter.

Petanque group is alive and well though Ian Stanley reports that they have had a few away overseas or absent due to health issues. The weather has also impacted games as playing in the rain is not enjoyable. Seven or eight players regularly turn up but as the weather warms up, hip and knee operations heal, and travellers return, it should get back to 12-14 near the end of the year.

The pistes are holding up though we are about to spray invading weeds which are starting to show.

Our **Auburn art group** now has four new members. They had a successful SALA Exhibition in Auburn in August with seven paintings sold. A few of our artists have entries in 'A Brush With Art' which is an Art Trail in the Flinders Ranges, over various venues during September and October.

Represented by Pauline Reid, Joy Garnaut and group leader Ann Foster, they were also prominent at the RFDS Art and Craft Spring Fair held in Melrose Park on Sunday 20 September.

NEW MEMBER PAYMENTS

New members will find their Enrolment Form on website www.u3alownorth.com or ask a group leader or committee member for a copy.

Fees in this final term remain at the full \$35 but you do get 2027 thrown in for free.

Payments can be made by:

- pay online: U3A Lower North Inc., BSB 085 558; Account No. 748828019. For identification use surname then initial, e.g. Roy Rogers = rogers,r. Emails: u3alownorth@gmail.com or
- post cheques made out to 'U3A Lower North Inc.' to PO Box 480, Clare, 5453; or
- Take the above bank information into NAB, Clare, and pay the cashier and notify treasurer Grahame Ferguson by phone or email of details
- do it in person at enrolment day, Friday 5 December.

DATES FOR 2026

TERM 4: Monday 12 October to Friday 4 December
Annual General Meeting: _____ Friday 30 October
Registration day for 2027: Friday 4 December 2026

If meeting outside these dates inform the secretary to protect group leader insurance.

Friday 30 October

U3A Annual General Meeting

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

Guest Speaker: Matt Goodfellow on 'Mable' (aged care and disability support system)

Entries in annual photography competition on screen and winner announced

Afternoon Tea to follow

Nominations for election close with Secretary on Friday 23 October

Photos showcasing U3A activities to u3alownorth@gmail.com

U3A Needs You

U3As are all-volunteer organisations which rely on the participation of their members at all levels: learning, teaching and administration.

Especially if you are a member born after 1950, now is your opportunity to learn how U3A is run and perhaps shape its future.

Why 1950? Well that means you are below the average member age and just right to replace our long-serving committee members who need to retire.

Fill out the form below or contact a committee member for more information.



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.

DO YOU NEED TO UPDATE YOUR DETAILS?

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).

This is for existing members only. New members should complete a once-only New Members Enrolment Form (downloadable from website or on request).

Name: _____

I have changed my address/phone/email to: _____

Enrol me in: _____

Remove me from: _____

Newsletters by post [☐] or email [☐]. **Payment** by cheque [☐] cash [☐] EFT [☐]

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

2026: FOURTH TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	14/10/2026	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue, 9.30 am – 2.30 pm	13/10/2026	Burra Shared Arts
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30 am – 12 noon	15/10/2026	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3 pm	22/10/2026	Clare Town Hall
Cards for Fun	<i>Barb Snaddon</i>	Tue 9.30 – 12 noon	13/10/2026	Tourism Centre
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	14/10/2026	Various
Contract Bridge	<i>Graham Trengove</i>	Mon 1.30 – 4 pm	12/10/2026	Tourism Centre
Cryptic Crosswords 1	<i>Sue Mayfield</i>	Alt Thu 10 am	22/10/2026	Sue's house
Cryptic Crosswords 2	<i>Sue Mayfield</i>	Alt. Wed 10 am	14/10/2026	Visitor Centre
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	15/10/2026	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	12/10/2026	St Barnabas, Clare
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10 am	13/10/2026	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	13/10/2026	Lutheran Hall
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	13/10/2026	Clare Town Hall
Lunch Club	<i>Katherine Stoddart</i>	2 nd Fri 12.30 pm	13/11/2025	Various
Mah-jong, Auburn	<i>Maria Barnes</i>	Tue 2 – 4 pm	13/10/2026	Tennis clubrooms
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	14/10/2026	Tourism Centre
Mah-jong (Western)	<i>Katherine Stoddart</i>	Fri 9.30 am – 12 noon	16/10/2026	Tourism Centre
Petanque	<i>Ian Stanley</i>	Tue 3 – 5 pm	13/10/2026	Melrose Park, Clare
Quilting	<i>Kath Lock</i>	Thu 10 am – 1 pm	15/10/2026	St Barnabas, Clare
Scrabble	<i>Shirley Jenner</i>	Mon 1:15 pm	12/10/2026	St Barnabas, Clare
Ukulele Beginners	<i>Tamar & Steve Young</i>	Mon 1.30 – 3.30 pm	12/10/2026	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 10 am – 12 noon	15/10/2026	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 1.30 – 3.30 pm	15/10/2026	Clare Town Hall