



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2025



TERM TWO

University of the Third Age is now a global movement



Post Office Box 480, Clare, South Australia, 5453



Messages 0447 601 142, Email u3alownorth@gmail.com

Secretary: Bonnie Stanley 0400 039 420 bonnie@iscs.com.au

Course Co-ordinator: Katherine Stoddart 0407 224 317 or 0447 601 142, asku3a@gmail.com

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

U3A Lower North website: www.u3alownorth.com Facebook site [link](#)

Dear Members,

Greetings from a hollow in the Clare Valley where drought-breaking rain is top of our wish list.

This is the first newsletter printed since the summer break so I must thank the Ukulele Group for their wonderful effort in entering a float in the Clare Christmas Pageant. It was an uphill battle against the blaring siren on the emergency vehicle immediately behind them but they put on a brave show.

Enrolments went relatively smoothly for 2025 and program coordinator Katherine Stoddart sends thanks to Group Leaders who helped by encouraging everyone to get their paperwork in early.

Lots of groups are about to go through a period of renewal with changes in leadership. (See Updates.)

Term 2 will be an awkward one for groups using the Town Hall meeting rooms. We have had to find alternative venues as these rooms are not available from Monday 12 to Monday 26 May inclusive.

Keen Current Affairs member Eric Ottens took the opportunity to invite the group to use his home for their first session of the term. Other changes in Updates section. If in doubt, please phone your group leader.

The Town Hall disruption is due to the annual Rotary Art Exhibition taking priority. Just as well most of us are big fans of that exhibition. The only better exhibition has to be our own. Looking forward to seeing you at both. See opposite.

2025 U3A ART EXHIBITION

The U3A art group is holding their annual exhibition at the Art House from Wednesday 2 to Monday 28 April. The Art House is open each day, (except for Tuesdays) from 10.30 till 3pm.

Many years ago this group began as Pastel Drawing under the guidance of the late Gerald Moore, a well-known Auburn artist, and has continued to grow and diversify ever since. They meet weekly at the Auburn Recreation Park. In recent years a second art group, the Burra Art Society, has also joined U3A and contribute to the annual exhibition.

The artists work in a variety of mediums, including watercolour, pastels, acrylic and oils, with an even more varied list of subjects. Mainly self-taught, learning is from regular work-shops and guidance from each other.

Their diverse range of paintings and cards for sale will be on display at the Art House. On most days you will see one of the artists in residence and happy to answer any questions from the public.

A big thank you to self-confessed artaholic Ann Foster, the very energetic leader for both Auburn and Burra art groups. We were recently reminiscing about U3A's first exhibition at the former Scarlatti's, Stanley Flat. It was quite an occasion and we all turned out to support the nervous artists.

*See you back in the classroom,
Claire*

2025 ACTIVITIES UPDATE

Ukulele groups are most affected by the Clare Town Hall disruption. They have booked the Lutheran Hall meeting room for Thursdays, 15 & 22 May, and on Mondays will be using the Hill Shed on 12, 19 and 26 May. This is the former trade shed now the Hill Shed Community Garden, entry via 36 Blyth Road, Clare.

The Ukulele players have been regular entertainers at the Saturday show markets in Ennis Park under the U3A banner. The Probus club is going to invite them to play at a future meeting and their playing even lured some passing uke playing tourists in off the street (see our Facebook page for photo).

Ian Stanley has spent several more hours lowering, painting and reseating the borders of the **Petanque** pistes. They play through holidays but are weather dependent. Ian notifies members if there is a cancellation due to temperature extremes. The Gawler club are playing against Clare on 10 May at Melrose Park starting at 10am where the Clare group hope to win back the trophy. This inter-town tussle has been going on for some time with the home team always seeming to have the winning edge.

There are quite a few group leaders looking to retire but not all have found a replacement. Katherine is stepping down from leading **Cards for Fun** and there will be someone from that group willing to lead.

Sue Beaton who runs **Mah-jong at Auburn** is leaving in May. Maria Barnes will then lead that group.

Carol Stewart who leads the **Scrabble** group is experiencing health problems, but says no one seems willing to lead. I know Carol set a high benchmark with her frequent birthday cake baking but let me assure you that that is not a requirement for the new leader.

Music Appreciation under Helen Weckert is not starting this term and may go into permanent recess.

Last year the **Lunch Club** became a little Clare-bound but it's first outing for 2025 really stretched the legs. The venue was the Snowtown hotel. This well-preserved pub with very hospitable publican has the drawcard of both a standard pub menu plus an Asian menu thanks to the pretty Vietnamese co-owner who runs the kitchen. The French poster art in the front bar caught my eye. Definitely not the stereotypical country pub.

The out of town theme continues this month with lunch at the Auburn Hotel. This is one of my favourites and I'm sorry to be missing it but fellow members will be happy that I am keeping my flu germs at home.

COFFEE AND CHAT HIT THE ROAD

What were the Coffee and Chat group doing at Moonta Landscape and Building Supplies? Buying bricks? No, enjoying morning tea of course.

Group Leader Doreen Hill reports that 22 members travelled via six cars to Moonta in March. After an 8 am start, they met up at Chloe's Café which is situated in the previously mentioned, unpromisingly named business. According to Google reviews, this café is a real gem and to be honest the business name seems to be changing to Moonta Garden and Landscaping Supplies. Yes, a café in a garden shop sounds far more attractive than in a hardware shop.

There was ample time for members to check out the garden centre before tucking into morning tea.

By 11 they were on the road to the Moonta Mines Church for a talk and tour of this stunning church.

Around one thousand people attended the 1865 opening service of this church built during the mining boom. Moonta Mines Church was the largest Methodist Church outside of Adelaide in the nineteenth century. When opened it seated 750 people but soon the church had need to expand. A gallery was added in 1872 to hold a further 500 worshippers. The church building still has its grand organ and capacity to host 1250 people.

In case anyone needed a sugar fix our band of pleasure seekers visited the Moonta lolly shop on the way to lunch at Italian eatery Café Capella's, now in a beautiful old Moonta house.

A few members took the opportunity for a drive to the beach before and after lunch with a bit of sightseeing.

Thanks to Val Kelly for helping arrange this delightful day. Check out and like our U3A Facebook page for photos of the day. [link](#)

POTTERY PROVED A CRACKPOT IDEA

Unfortunately our hopes for a pottery group were shattered before a single lump of clay was touched.

Our apologies to anyone who joined U3A just to do this activity. Our partnership began as a marriage of convenience with an existing pottery class who were seeking the shelter of U3A's public risk insurance.

At the last minute they changed to a different venue which provided insurance and that was the end of our hopes to not only expand our program but also give us another U3A activity in Burra.

C'est la vie.

ONLINE COURSES

There has been a big shake-up in online U3A courses. At a national level, really international as it takes students from around the world, U3A Online is now more closely associated with U3A Australia. Although nothing may seem changed to the outsider, their website and teaching system is now hosted by U3AA. Without this assistance U3A Online may have closed.

In SA, Statewide Online has closed but for groups who still want to offer online learning we have the SA Online Co-op where U3As invite outside U3A members to join their own online groups. Find details on the SA website or go direct to: <https://u3asouthaustralia.org.au/sa-online-coop/> to see details. U3A South Coast's online class on Australian politics has proved very popular.

Henry Gardner's course on **Life and the Universe** from U3A Canberra attracted 3 SA members (from Gawler and Mt Gambier) last time and he is hoping for even more next time.

It will run for nine weeks from Thursday July 3.

Here are all the details:

*The Universe and Life (VIRTUAL COURSE) SHE126.03
Henry Gardner*

We will discuss what modern science tells us about nature that is very small (subatomic particles), very big (the universe) and in-between (life). Our discussions will draw from podcasts, popular science books and the internet. One resource will be the popular BBC show "In Our Time" and the course will draw from Blocks 1-3 of the "Discuss In Our Time" website (diot.fans/discussionModules.html).

Hopefully, participants will obtain a grounding and enthusiasm to continue to study and follow the fascinating topics that we will cover in their own time. Participants need to be comfortable with online discussions using Zoom.

Class Numbers: 6 - 26. There are 26 vacancies

Costs: No cost

Student Materials: Computer or internet connected device capable of running Zoom.

Venue: VIRTUAL COURSE

Starts: Thursday 3 July 2025 from 2:00 pm - 4:00 pm and weekly after that for a total of nine weeks.

Ends: Thursday 28 August

Contact: Henry Gardner:

Henry.Gardner585@gmail.com

Enrolments from: 3/06/2025

JOY WORKOUT

Research has shown several movements that both are inspired by, and can create, joy. Think of fans erupting when their home team wins a big match.

Psychologist and exercise coach Kelly McGonigal created the 'joy workout', an 8 minute, science-backed routine to make you feel good fast. McGonigal uses 6 so-called joy moves — like reach, sway, bounce, shake, jump for joy and one she named celebrate which 'looks like tossing confetti in the air,' she says. There are no rules— go fast or slow, listen to her soundtrack or your own favourite music, repeat your favourite moves or invent your own, just do whatever feels good for you. 'Consider this video as an experiment and an invitation to find your own joy of movement,' McGonigal says.

If you want to give it a go, click on <https://vimeo.com/713405229> but prepare to feel slightly silly and avoid an audience.

VAD SURVEY

Go Gentle Australia is a national charity to support end-of-life choice and voluntary assisted dying.

Go Gentle has just launched their annual 2025 VAD survey. Their target audience is the general public; both people directly involved in VAD and those who may never have heard of it. To take part use this link: <https://www.gogentleaustralia.org.au/vadsurvey>

PAYMENTS

- 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 Peter Wood by phone or email of details

DATES FOR 2025

2025 has four 8 or 9-week terms divided by 2 or 3-week holiday breaks. If meeting outside these dates inform the secretary to protect group leader insurance.

TERM 1: ____ Monday 17 February to Friday 11 April

TERM 2: _____ Monday 5 May to Friday 4 July

TERM 3: ____ Monday 28 July to Friday 26 September

TERM 4: _ Monday 13 October to Friday 5 December

Annual General Meeting: _____ Friday 31 October

Registration day for 2026: _ Friday 5 December 2025

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 [] PTO for all options .

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

2025: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	7/5/2025	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue, 9.30 am – 2.30 pm	13/5/2025	Burra Shared Arts
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30 am – 12 noon	15/5/2025	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3 pm	8/5/2025	Clare Town Hall
Cards for Fun	<i>Katherine Stoddart</i>	Tue, 9.30 – 12 noon	6/5/2025	Tourism Centre
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	7/5/2025	Various
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	5/5/2025	Tourism Centre
Cryptic Crosswords 1	<i>Greta Handmer</i>	Alt Thu 10.30 am	8/5/2025	25 Edward St, Clare
Cryptic Crosswords 2	<i>Sue Mayfield</i>	Alt. Wed 2 pm	7/5/2025	53 Norman Dr., Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	15/5/2025	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	5/5/2025	To be advised
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10 am	6/5/2025	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	6/5/2025	Lutheran Hall
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	6/5/2025	Clare Town Hall
Lunch Club	<i>Katherine Stoddart</i>	2 nd Fri 12 noon	9/5/2025	Various
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4 pm	6/5/2025	Tennis clubrooms
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	7/5/2025	Tourism Centre
Mah-jong (Western)	<i>Katherine Stoddart</i>	Fri 9.30 am – 12 noon	9/5/2025	Tourism Centre
Petanque	<i>Ian Stanley</i>	Tue 3 – 5 pm	6/5/2025	Melrose Park, Clare
Quilting	<i>Kath Lock</i>	Thu 10 am – 1 pm	8/5/2025	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1:15 pm	5/5/2025	St Barnabas, Clare
Ukulele Beginners	<i>Tamar & Steve Young</i>	Mon 1.30 – 3.30 pm	5/5/2025	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 10 am – 12 noon	8/5/2025	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 1.30 – 3.30 pm	8/5/2025	Clare Town Hall