



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2023



TERM TWO

University of the Third Age Lower North Incorporated



Post Office Box 480, Clare, South Australia, 5453



Phone 0447 601 142 Email u3alownorth@gmail.com

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

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

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

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

Dear Members,

Greetings from a different hollow in the Clare Valley, now much closer to U3A Lower North HQ in the Clare Town Hall. I am busy downsizing after a lifetime of not discarding things which 'might be useful one day'. Moving house is a recognized factor in many people giving up volunteering and I am beginning to understand why: it is most disruptive and I no longer know where anything is.

Speaking of U3A HQ, all groups using the Clare Town Hall venue are asked to fill in the pink slips showing who is using the space and why. Previously we were told not to bother. Another change from start of Term 2 is, where possible, we will be using the room behind the Clerk's Office as there is now more demand from hirers for the front two meeting rooms. I know it is a little more cramped and lacks natural lighting but as we will be the only users we may be able to make it our own space, leaving our notices up on the pinboard, etc. We will have to locate those prints that we used to personalise our old rooms at the Domain. (Somewhere in my shed because I knew they would come in useful one day.)

It is a long time ago, but this is the first newsletter since the end-of-year event. Attendance was very poor: was it COVID (which kept me home), was it that everyone had seen the movie before, or is December just too busy with other events? I know some groups have their own celebrations but that is not an option for very small groups who look forward to being part of a larger gathering. Some

U3As meet up every week to hear visiting speakers, etc. but, apart from our AGM, this is the only occasion for us all to see each other so I am loathe to end it. Happy to hear your thoughts on this topic.

The Group Leaders Lunch in February went well with a short meeting before to distribute goodie bags with calendars and attendance sheets.

Some members of the committee are keen to hold a mid-year version and secretary Bonnie is currently checking out the possibilities. Rather than do another pub lunch, Bonnie is investigating revisiting some of our former venues like a barbecue at Melrose Park.

My apologies that this newsletter is so late. When it was almost complete I suffered that thing that all computer users dread: a completely frozen computer, with all work locked inside and retrievable only by some distant expert at huge expense.

Some people carry their life in their mobile phones but mine was all locked into my laptop: diary, finances, phone numbers, all contact details, the Lower North mailing list, all U3A State records, the current national bulletin also almost finished. My days revolve around sitting at my desk working on my laptop. Without it I was so distraught that I was reduced to doing ironing and cleaning.

Here I am back after paying the extortionate fee and I urge you all to back up your files regularly.

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

CLASS NEWS

The peripatetic **Auburn Mahjong** players are now at the Tennis Club rooms at the Recreation Park.

The **Lunch Group** has got off to a great start. As first venue, group leader Katherine Stoddart picked the Magpie and Stump Hotel at Mintaro. An excellent choice but I did feel sorry for the young woman behind the bar who copped us on her first day of work while just beginning to learn the ropes.

Next venue was the Watervale General Store as we wanted everyone to experience this gem and bid farewell before it changes hands. It was a decision not made lightly as it is unlicensed but we had a great time and certainly didn't miss having a glass of wine. A couple of us did take the opportunity to browse through the half-price closing down sale on the store's collection of bric-a-brac and kitchenalia. The food was good and it was nice that there were some different faces. About 20 have enrolled but not everyone is available each time so it is the first 12 who reply to Katherine's invitation who get to attend each month.

Due to some poor planning on our part, this monthly lunch group falls on the second Tuesday as does the **Film Group** at Blyth which was already suffering from declining numbers. Unfortunately the two people who thought they might revitalise the Film Group can now be found lunching together on film days. Both groups have the same aim: encouraging singles out to socialise as a group. Neither eating out nor cinema-going are much fun by yourself so we thought it a good idea to have a group all doing it together. You don't know who you will be sitting with but you know you will have U3A membership in common which gives you a conversation starter. We must revisit this calendar clash and allow everyone to enjoy both these monthly opportunities to socialise.

Katherine Stoddart is also responsible for another new group which is going great guns: **Western Mahjong** held at the Tourist Centre. Evidently they are good hosts there and **Contract Bridge** also finds it a welcoming venue no doubt helped by the close proximity of cake and barista coffee.

Katherine says new enrolments are coming in all the time as word spreads that there is a new group. Word of mouth is always the best advertising but it has been suggested that members prefer joining a group where everyone is new and just learning rather than trying to fit in with an established group.

That should be a wake-up call to all of us that perhaps we could do more to help new members fit in and feel at home.

While some new members just jump in and go with the flow, others need to undergo an induction process just as much as a nervous new employee.

The other new activity is **German for Travellers** with Ralf Armin-Grimm. Reports are that Ralf is enjoying teaching again and his students are benefiting from his professional knowledge.

Sadly the **Petanque** season finished when daylight saving ended. Play, under the leadership of Kerry Lampard, will resume in October when daylight saving returns. To compensate for the long winter break, this group plays right through the warmer months, regardless of term holidays.

Bad news for those who were awaiting the start of our **Singalong** group. It has been deferred indefinitely until Bonnie Stanley regains her voice. Never having had one (of the musical kind), I didn't realize that (a) you could lose it and (b) that this would be a problem. Anyone wishing to collaborate by providing the voice while Bonnie provides the words and bouncing ball should get in touch.

Ian Foster tells me that the **Music Appreciation** group intends to tune in more to local events. There have been a couple of recent visiting musicians at the Auburn Courthouse who really deserved more local support. On the other hand, the recent Vivaldi in the Vines concert at Sevenhill had enough familiar faces to count as an official U3A event.

The five activities which may be affected by the move from Clerk's Office are: **Knit and Sew, German for Travellers, French for Travellers, Book Group 2** with Kath Lock, and **Computing**. The middle room is smaller but all groups should fit with the possible exception of Quentin's computing group.

The committee had a few provisos: the air conditioner needs a service and there are a couple of fluoro tubes to be replaced. The rest of the furniture, including bookshelves, will be removed.

ART EXHIBITION

The U3A Art Exhibition, with works from both the **Auburn and Burra Art Groups**, started on Wednesday 5 and runs to 26 April at the Clare Art House in Mill Street.

The Art House is open 10.30 am to 3 pm daily except Tuesdays so don't miss it.

EARLY BIRD RATE CHANGES

The annual subscription is \$35 but with a \$10 discount for early payment. For 2024 that early bird deadline has moved from January to the end of the previous year. That is, to receive your 2024 membership for \$25, payment and enrolment form must be submitted by 31/12/2023. To help this process, we will encourage group leaders to remind their members and perhaps devote some class time to completing the paperwork.

Anyone delaying payment and enrolments until 2024 will pay \$35 for the year. 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.

AND A NEW WAY TO PAY FOR ALL

The number of members making their payments online is growing every year. However, with cheques going the way of button-up boots, people who don't use online banking have been limited in how they can pay their membership fees.

Treasurer Peter Wood has done some investigating and there is another way. Make a note of our bank details below (or take this newsletter with you) and make the payment over the counter at our bank, the NAB, Clare (next to IGA, opposite Post Office).

This does come with the proviso by Peter that the name of the member paying must be listed on the deposit by the bank teller. If the payment is for multiple people, Peter needs to receive a listing clearly naming the members and amounts concerned: e.g. "Jen Jones \$35, Ted Thomas \$47 (includes badge)", etc. Alternatively:

- pay online: U3A Lower North Inc., Account No. 748828019; BSB 085 558. 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
- do it in person at enrolment day, 7 December.

REMAINING DATES FOR 2023

2023 has four 8 or 9-week terms divided by 3-week holiday breaks. To meet outside these dates inform the secretary to protect group leader insurance.

TERM 2: _____ Monday 1 May to Friday 30 June

TERM 3: _ Monday 24 July to Friday 22 September

TERM 4: Monday 16 October to Friday 7 December

Annual General Meeting: ____ Friday 3 November

Enrolment day for 2024: ____ Thursday 7 December

End-of-year lunch & movie: ____ Friday 8 December

NEW STATEWIDE ONLINE COURSE

The buzz around artificial intelligence (AI) technologies is palpable. People are both optimistic and frightened by the possibilities of these tools.

Chat GPT the new artificial intelligence sensation, is now on the Statewide U3A list of courses.



Understanding Chat GPT

Understanding Chat GPT is a hands-on look at and discussion of this very topical subject. It shows Chat GPT, the first publicly available AI (artificial intelligence) that is amazing users. No special computing skills are required to participate. The latest and most powerful version will be on show, and a chance to try your own questions on it.

Click here to see this and other courses available:

<https://u3asouthaustralia.org.au/courses-2/>

UNI STUDIES AGREE SO WHO ARE WE TO DISAGREE

Retirement and ageing can find us housebound and apathetic with little interest in leaving home. Perhaps we got out of the habit during COVID lockdown.

Researchers from Harvard and Warwick universities tracking large samples of middle-aged and older adults over time found that there is a reciprocal nature between having a purpose in life and being more physically active. One begets the other.

Likewise a 2014 study from the University of College London found that a sense of meaning and purpose in life was linked to a longer lifespan.

What more encouragement do you need to check through our U3A program of activities and add another to your weekly calendar? If you have a friend or family member who is down in the dumps, isolated and not getting out and about, encourage them to get involved in their local U3A.

You don't need to take up a physical activity to see the benefit. Don't underestimate the power of having somewhere to go, people to see. It gives us the impetus to get out of our pyjamas, shower and put on some street clothes. While we are out we might as well drop in at the library, do some shopping, perhaps find something tasty to cook that night. Just that one thing which provided the impetus to step outside that day, might just keep us moving all day and improve our quality of life.

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).



2023: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	3/5/2023	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	9/5/2023	Burra Showgrounds
Book Group 1	Hermann Weber	Alt Thu 10:30 am – 12 noon	4/5/2023	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	11/5/2023	Clare Town Hall
Coffee & Chat	Doreen Hill	Wed 10.30 am	3/5/2023	Various
Computing	Quentin Fleming	Fri 10 am – 12 noon	5/5/2023	Clare Town Hall
Contract Bridge	Peter Wood	Mon 1.30 – 4 pm	1/5/2023	Tourist Centre
Cryptic Crosswords	Greta Handmer	Alt Thu 10.30 am	11/5/2023	25 Edward St, Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	4/5/2023	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	1/5/2023	To be advised
Exercise 1	Chris Roberts	Tue 9 – 10 am	2/5/2023	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	2/5/2023	Lutheran Hall
Film Group	Sue Mayfield	Usually 1st Tue 2 pm	2/5/2023	Blyth Cinema
French for Travellers	Kath Lock	Thu 3 – 4 pm	4/5/2023	Clare Town Hall
German for Travellers	Ralf Armin-Grimm	Tue 10 – 11.30 am	2/5/2023	Clare Town Hall
Knit and Sew	Mary Clark	Tue 2 – 4 pm	2/5/2023	Clare Town Hall
Lunch Club	Katherine Stoddart	First Tue. 12 noon	2/5/2023	Various
Mah-jong, Auburn	Sue Beaton	Tue 2 – 4 pm	2/5/2023	Tennis Clubrooms
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	3/5/2023	St Barnabas, Clare
Mah-jong (Western)	Katherine Stoddart	Fri 10 am – 12 noon	5/5/2023	Tourist Centre
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2.30 – 4.30 pm	3/5/2023	10 March Ct, Clare
Petanque	Kerry Lampard	Tuesday 3 – 5 pm	Not this term	Melrose Park, Clare
Quilting	Diane Richardson	Thu 10 am – 1 pm	4/5/2023	St Barnabas, Clare
Scrabble	Carol Stewart	Mon 1:15 pm	1/5/2023	St Barnabas, Clare
Walking Group	Margaret Daly	Mon 8 am	1/5/2023	Riesling Trail

STATEWIDE ONLINE COURSE TRIAL: view courses or enrol at: <https://u3asouthaustralia.org.au/courses-2/>