



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2022



TERM THREE

University of the Third Age Lower North Incorporated



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Dear Members,

Greetings from a snug hollow in the Clare Valley where I am relishing my wood fire just in case it is my last winter before moving to a less romantic, chimney-less but more climate-friendly existence.

Looking forward to catching up with as many as possible at the Group Leaders lunch in early July. One of the discussion topics at the preceding meeting will be low membership numbers and asking for ideas about increasing membership. This is not just a local issue and we will also be looking at this at a State level.

Keeping a constant flow of new members is important because as well as bringing new skills and new energy, their numbers maintain class viability. COVID stopped that incoming flow but of course our usual rate of retirements (due to ill-health, age or leaving district) remained steady. If any member has some suggestions on this, they should share them with anyone on the committee.

We do have over a hundred former members now unfinancial and we are not sure if they are all no longer interested or just taking an extended COVID break. Treasurer Peter Wood has taken on the big job of giving them all a ring to ascertain their intentions. (The man deserves a medal.)

A few courses have gone into recess to beat the winter chills and for other reasons. Let's hope that Spring brings a certain rejuvenation. We are always keen to hear suggestions for new courses and new course leaders. There are at least two looking to

hand on the reins. Most of us just stepped into our U3A jobs for a year or two and are more than happy to train incoming volunteers or do some job-sharing.

LONG COVID

Sometimes I feel that 'Long COVID' is not just a name for persisting symptoms but something many individuals and businesses feel they are suffering. How long do we have to live in COVID's shadow? Is there light at the end of this very long tunnel or just a malfunctioning glow worm. Although government has reduced restrictions and stopped talking about it, COVID is still a very real danger.

As I write Health SA says there are 75 active cases in Clare and Gilbert Valleys Council area, about 2,500 state-wide with reports still predicting that figure could double. That means over-burdened health systems which affect us all.

Of course we look forward to bouncing back to our old carefree ways with 100% participation but in the meantime we do have a duty of care to all our members many of whom have health issues. So do take care of each other.

Hopefully all members have now had their fourth shot to be double boosted (plus a flu shot) and yes, it is still wise to observe all sensible precautions to prevent air-borne transmission.

*See you back in the classroom,
Claire*

CLASS NEWS

Disappointingly there were no enrolments for the new **Wellbeing** course in Term 2. For the time being Jillian Wood has declined to reoffer it. If it should come up again, don't risk missing out: put your name on a waiting list with Hilary.

Citing the cold conditions and the very low attendance at recent **history** classes, Val Tilbrook decided to cancel classes until the weather is warmer. Val plans to resume classes mid-term on Friday 2 September.

Earlier this year there were serious attempts to find a successor for Val who has done a wonderful job of leading this group for about 16 years now. Between the Regional History Room and National Trust, it was a surprise that no-one came forward. Perhaps we have a retired history teacher within the community who might like to step in on a weekly, or fortnightly or monthly basis. Any suggestions?

Petanque is also in winter recess after getting off to a very successful start this year with plenty of new faces. It seems the new playing areas at Melrose Park were worth all the effort.

iPad/Tablets is in recess again this term for want of a teacher. Although the course isn't running at present, I urge any members wanting this service to put their name on a waiting list with Hilary. If we have sufficient interest we will find a tutor.

STATEWIDE ONLINE

Remember our State body, U3A South Australia is still facilitating the offering of online courses under the name of Statewide. These courses and presentations originate from individual U3As (Adelaide, Campbelltown, Mt Gambier, etc.) and any member in the State can log in on their home computer and take part for no extra cost.

At the moment the program includes: Geology, French, Italian, Philosophy, Climate Information, Novel and Memoir Writing, Positive Psychology, and of course various computer topics.

People seem reluctant to try something different as so far Statewide is attracting sparse enrolments. Unless this trial is embraced more heartedly, we will lose this option. The software to run it has to be paid for each month and after September we will be looking at the cost/benefit value of continuing to offer this to members.

WHERE WILL WE FIND ANOTHER MARIAN?

Marian Wicks has been our iPad/tablet tutor since mid 2016. During that time many of you have been helped to master your small computing devices, often with one-on-one tuition. There was no set teaching plan, just concentrating on what individuals wanted to learn.

Teaching this topic has included important work like showing members how to create MyGov and MyHealth accounts and link them to their COVID vaccination records, etc.

Marian, deeply involved in Red Cross, has always had many other commitments, but now one of those will take her away from us permanently. She and husband Steve (former U3A Geology tutor) are building a new house in the Adelaide Hills.

We thank Marian for everything she has done over the last six years. During that time the Town Hall internet mysteriously disappeared but classes persisted with Marian personally providing the internet. Teaching can be very rewarding but also quite thankless when you drive long distances, as Marian does, to find that the students hadn't let her know they couldn't attend. We thank her doubly for those days.

Even if Marian is free again later this year, in the long term we will need a replacement. I am sure she would appreciate being replaced sooner than later. There must be many people out in the community who are quite competent users of their iPads and tablets. We just need to find one or two willing to share their knowledge.

We have appealed to Council to have the secure WiFi connection restored at the Town Hall so it will be easier for the next teacher. Please contact someone on the committee if you could be that person or you know someone who might.

oOo

The challenge of changing one letter of an existing word to create a new word and meaning:

'detentia' a form of madness where a person believes that things will be solved by locking people up;

'apostrophy' the loss of the ability to correctly use the apostrophe;

'historectomy' the removal of any knowledge or understanding of history when making decisions.

RESEARCHER NEEDS OUR HELP

Flinders University invites you to participate in an online survey (research project of PhD student Amy Harvey) to expand knowledge on association between volunteering and mental health among people aged 65 and over. Importantly, you don't have to be a formal volunteer to take part.

They are interested in the views of volunteers and non-volunteers, including those who may have volunteered in the past. Go on, won't take long to give the younger generation a hand. Click on this:

https://qualtrics.flinders.edu.au/jfe/form/SV_7VRK Fx4iBSJ7I30

PHOTOGRAPHY COMPETITION

Time to start thinking about the annual U3A Lower North photography competition. Photos displayed and prize awarded to winner at our AGM. Entries to be submitted by Friday 28 October

To be in the running for a box of Lindt chocolates, make sure your group enters at least one photo of one or more of your members in action.

LOWER NORTH FACTS & FIGURES FOR THE FORGETFUL

2022 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.

TERM 3: Monday 1 August to Friday 23 September

TERM 4: Monday 17 October to Friday 9 December

Annual General Meeting: Friday 4 November

End-of-year lunch & movie: Friday 9 December

Enrolment day for 2023: Thursday 15 December

U3A PAYMENTS

Apart from our annual registration days, payments to U3A 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).

ENROLMENTS

If you enrol in an activity at the start of the year you are considered enrolled for the full year and do not need to renew your enrolment until 2023. However, if you drop out of a class please notify the group leader and course coordinator as someone else may be on the waiting list.

U3A ANTHEM

In October 2019 some of us attended the biennial U3A Rendezvous hosted that year by U3A Adelaide Hills. At one of the dinners we were welcomed by a band of primarily ukulele players performing something called the U3A Anthem. Thought you might like to see the lyrics.

You can find it on YouTube if you want to sing along with the Barnsley [UK] U3A ukulele players who we believe may have written it originally.

There is no copyright on this Anthem sung to the tune of *Blowing in the Wind*.

*How many times did you say in your youth
You'd never be old and grey
You said you'd never shirk
and you'd never give up work
And retirement seemed a million miles away
But the time has come around,
Yes and very soon you've found
You need a way to keep old age at bay
The answer my friend is join a U3A
The answer is join a U3A*

*How many groups can you fit in a week?
Five, six or maybe even more
You've joined Astronomy and you've traced your family tree
Played Bridge, Chess, and learned to paint and draw
You can walk, dance and sing and do almost anything
Why don't you get the time to mop the floor?
The answer my friend is you joined a U3A
The answer is you joined a U3A*

*How many times do you think to yourself
The garden needs a weed and a dig
The fridge needs a clean 'cos the cheese is turning green
And the pile of ironing's looking rather big
You need to clean the loo but have better things to do
And what the hell - you couldn't give a fig
The reason my friend is you've joined a U3A
The reason is you joined a U3A
Yes, the answer my friend is you joined a U3A
You joined the brilliant [Lower North] U3A*

Spanish vs Irish

Once Spanish singer Julio Iglesias was on television with British TV host Anne Diamond when he used the Spanish word 'manana' (manyana). Diamond asked him to explain what it meant. He said that the term means, "Maybe the job will be done tomorrow, maybe the next day, maybe the day after that. Perhaps next week, next month, next year who cares?"

The host turned to her other guest Irishman Shay Brennan and asked him if there was an equivalent term in Irish. "No. In Ireland we don't have a word to describe that degree of urgency."

2022: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9.30 am – 1.30 pm	3/8/2022	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue 9.30 am – 2.30 pm	9/8/2022	Burra Showgrounds
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10.30 am – 12 noon	11/8/2022	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3.00 pm	4/8/2022	Clare Town Hall
Chess	<i>Ian Bails</i>	Tue 1.30 – 4 pm	1/8/2022	Essington Mews
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	3/8/2022	Various
Computing 1	<i>Quentin Fleming</i>	Fri 10 am – 12 noon	5/8/2022	Clare Town Hall
Computing 2 iPads		Tue 12 noon – 1.30 pm	In recess	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	1/8/2022	Tourist Centre, Clare
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10.30 am	4/8/2022	25 Edward St, Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	11/8/2022	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	1/8/2022	TBA
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10 am	2/8/2022	Lutheran Hall, Clare
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	2/8/2022	Lutheran Hall, Clare
Film Group	<i>Val Tilbrook</i>	1st Tue 2 pm	2/8/2022	Blyth Cinema
French for Travellers	<i>Kath Lock</i>	Thu 3 pm	4/8/2022	Clare Town Hall
History	<i>Val Tilbrook</i>	Fri 10 am – 12 noon	2/9/2022	St Barnabas, Clare
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	2/8/2022	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 – 4 pm	2/8/2022	Rising Sun, Auburn
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	3/8/2022	St Barnabas, Clare
Music Appreciation	<i>Helen Weckert</i>	1 st , 3 rd Wed 2.30 – 4.30 pm	3/8/2022	10 March Ct, Clare
Petanque	<i>Kerry Lampard</i>	Wed 3 – 5 pm	Winter recess	Melrose Park
Quilting	<i>Diane Richardson</i>	Thu 10 am – 1 pm	4/8/2022	St Barnabas, Clare
Scrabble	<i>Carol Stewart</i>	Mon 1.15 pm	1/8/2022	St Barnabas, Clare
Walking Group	<i>Margaret Daly</i>	Mon 8 am	1/8/2022	Riesling Trail

STATEWIDE ONLINE COURSES: 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: P.O. Box 480, Clare SA 5453 (messages 0447 601 142, asku3a@gmail.com).

New members (\$35) should request and submit a new members enrolment form (downloadable from website or this link [New Members Enrolment Form pdf](#))

Name: _____

Any change of address/phone/email: _____

Enrol me in: _____

Newsletters by post [] or email []. Payment by cheque [] cash [] EFT [] Details page 3.

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