



U3A LOWER NORTH

Sharing Skills and Experience with Friends

OCTOBER 2025 🍁 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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U3A Lower North website: www.u3alownorth.com Note changed address

Dear Members,

Greetings from a warming hollow in downtown Clare where the first orchids are in bloom and our blackbirds and honey eaters are raising young.

With the demise of our end-of-year lunch and movie, our only opportunity to all come together is the Annual General Meeting which falls on Friday 31 October. We hope to see lots of new faces.

We have noticed at recent AGMs that our audience likes to be entertained so we have picked our next guest speaker, Ron Wurst, with that in mind. Come along on 31 October and get into the swing of things for 2026 which will be the sesquicentenary of C.J. Dennis's birth at Auburn. Dennis wrote some of Australia's most quoted humorous verse and I am hoping we will learn a little more about him, The Bloke and Doreen, and hear his work recited. By the time 2026 comes round, we will be able to say 'yes, I remember him well'.

We will also be farewelling a true stalwart of the committee. After 12 years of impeccable service as treasurer, Peter Wood is retiring from the Lower North committee as he will be spending more time in the city. Our loss is the State network's gain as Peter has been gently coerced into nominating as State Treasurer. As he is such a fitness junkie, I am counting on another good decade of book-keeping.

The AGM finishes off with a generous afternoon tea. This year is U3A Lower North's 21st birthday so come along and help us mark our coming of age.

We don't take nominations from the floor on the day so if you want to fill one of the five committee vacancies, please fill in a nomination form and submit it to anyone on the committee before Friday 24 October.

While chair and course coordinator are re-nominating, and we have received one nomination for treasurer, we are still to receive nominations for: vice president and assistant secretary. If you have different skills, let us know and I'm sure we can do a reshuffle to accommodate you.

[Recently we coopted Grahame Ferguson, one of our bridge players, onto the committee. It is Grahame who has nominated for the treasurer's position.]

PHOTOGRAPHY COMPETITION

Thank you to those few who have already submitted entries for the annual photography competition but we are hoping for many more. Photos displayed and prize awarded at AGM.

Class updates and other news inside, so read on.

*See you back in the classroom,
Claire*

CLASS UPDATES

Petanque do meet 'weather permitting' during the off season but with the end of daylight saving you will find group leader Ian Stanley and the gang down at Melrose Park pistes every Tuesday afternoon, 3 to 5. New players welcome. No equipment required.

Ukelele now have 3 classes over Monday and Thursday and it is wonderful to see members entertaining the general public at the monthly show market in Ennis Park.

Shirley Jenner has volunteered to lead **Scrabble**. Our thanks to Carol Stewart retiring group leader *par excellence*. Who else remembers everyone's birthday with a home-baked cake?

Join the **Lunch Club** on the second Friday of the month, 12.30 pm, and it doesn't matter if you are a couple or single, you won't be lunching alone.

No free lunches: the increasing number of groups enjoying meeting at the Tourism Centre are reminded to put their hands in their pockets and buy a coffee or make a small donation. We don't want to lose this excellent facility.

Knit and Sew leader Mary Clark cancelled the last few weeks of last term due to poor attendance. No matter what group, if you can't attend, please submit apologies as early as possible.

WE WERE IN THE MAIL

Did you notice a few familiar faces in the Sunday Mail on 21 September? U3A had a full-page feature in the Independent Lifestyle insert: Be Well, Live Well. It was really about U3A generally in South Australia but, thanks to our annual competition, I have a library of suitable photos to illustrate news stories. Added to that a reliable group of spokespeople amongst our group leaders (thanks Ann, Mary and Kath) so most of the photos and quotes came from Lower North people.

FACEBOOK

Our Facebook page has 68 followers. Are you one? We have over 200 members so obviously some of them are missing out. You can find us at <https://www.facebook.com/p/U3A-Lower-North-61554482541210/>

Check to see if your photo is there. If you want to make it even better, send your latest news and suitable photos to Bonnie, Katherine or myself.

ACTIVE ARTISTS

Group Leader Ann Foster reports 12 members of the Burra Art Group held a very enjoyable Pen and Wash Watercolour workshop in September with Adelaide artist, Robin Hicks.

For the South Australian Living Artists (SALA) festival our Auburn Art Group members were invited to join with other local artists to exhibit their works at the Auburn Institute. Mayor Allan Aughey opened the exhibition.

The next activity for the Auburn Art Group is the Royal Flying Doctor Service Art and Craft Spring Fair at Melrose Park on Sunday 12 October from 10am till 3pm

HOME CARE

Anyone having difficulty accessing My Aged Care and other community supports should call Donna Sheasby on 8841 4400, an Aged Care Navigator with the FREE Care Finder program located at Country & Outback Health, Lennon St, Clare.

NEW MEMBER PAYMENTS

Remember any new members should fill out the New Members Enrolment Form downloadable from our 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 2026 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 Peter Wood by phone or email of details
- do it in person at enrolment day, Friday 5 December.

DATES FOR 2025

TERM 4: Monday 13 October to Friday 5 December
Annual General Meeting: _____ Friday 31 October
Registration day for 2026: Friday 5 December 2025

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

Friday 31 October

U3A Annual General Meeting

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

Guest Speaker: Ron Wurst on C.J. Dennis

Entries in annual photography competition on screen and winner announced

Afternoon Tea to follow

Nominations for election close with Secretary on Friday 24 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 [☐] PTO for all options .

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

2025: FOURTH TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	15/10/2025	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue, 9.30 am – 2.30 pm	14/10/2025	Burra Shared Arts
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30 am – 12 noon	16/10/2025	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3 pm	23/10/2025	Clare Town Hall
Cards for Fun	<i>Barb Snaddon</i>	Tue 9.30 – 12 noon	14/10/2025	Tourism Centre
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	15/10/2025	Various
Contract Bridge	<i>Peter Wood</i>	Mon 1.30 – 4 pm	13/10/2025	Tourism Centre
Cryptic Crosswords 1	<i>Greta Handmer</i>	Alt Thu 10 am	23/10/2025	25 Edward St, Clare
Cryptic Crosswords 2	<i>Sue Mayfield</i>	Alt. Wed 2 pm	16/10/2025	53 Norman Dr., Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	16/10/2025	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	13/10/2025	To be advised
Exercise I	<i>Chris Roberts</i>	Tue 9 – 10 am	14/10/2025	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	14/10/2025	Lutheran Hall
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	14/10/2025	Clare Town Hall
Lunch Club	<i>Katherine Stoddart</i>	2 nd Fri 12.30 pm	14/11/2025	Various
Mah-jong, Auburn	<i>Maria Barnes</i>	Tue 2 – 4 pm	14/10/2025	Tennis clubrooms
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	15/10/2025	Tourism Centre
Mah-jong (Western)	<i>Katherine Stoddart</i>	Fri 9.30 am – 12 noon	17/10/2025	Tourism Centre
Petanque	<i>Ian Stanley</i>	Tue 3 – 5 pm	14/10/2025	Melrose Park, Clare
Quilting	<i>Kath Lock</i>	Thu 10 am – 1 pm	16/10/2025	St Barnabas, Clare
Scrabble	<i>Shirley Jenner</i>	Mon 1:15 pm	13/10/2025	St Barnabas, Clare
Ukulele Beginners	<i>Tamar & Steve Young</i>	Mon 1.30 – 3.30 pm	13/10/2025	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 10 am – 12 noon	16/10/2025	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 1.30 – 3.30 pm	16/10/2025	Clare Town Hall