



U3A LOWER NORTH

Sharing Skills and Experience with Friends

NOVEMBER 2024 🍷 TERM ONE 2025

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@isces.com.au

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

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

U3A Lower North website: www.u3alownorth.com

Dear Members,

Greetings from a busy hollow in downtown Clare happy from hosting our latest group leaders evening.

Since our previous issue U3A has marked another Get Online Week in the Barbara J. Long Room with training sessions on a variety of digital devices and light lunch included between sessions. All credit for its success must go to Bonnie and Ian Stanley.

It has been widely agreed that our 20th AGM was our 'best ever'. Philippa Robb is a warm, down-to-earth person and a natural speaker with an eye-opening story to tell. Her photos left us with indelible images of the volunteer work she did at the Midlands Children's Home in Gweru, Zimbabwe: children's undies reduced to tattered rags but re-sewn for further use; cleaning and eating chicken intestines because you can't afford to waste any source of protein.

Persistent inflation and corruption, high dependence on low-productivity agriculture, slow structural transformation, and intermittent shocks like drought, natural disasters, and the COVID-19 pandemic have contributed to the high rate of poverty and vulnerability in Zimbabwe.

What could have been a bleak, sad story was told with great positivity and down-to-earth humour. Although travel has been impossible post-COVID, Philippa continues to financially support staff in the care of the 60 children at the home.

Although Philippa sends money online to their bank, the orphanage has no other online presence. They are

just not that large or sophisticated. Members who want to donate can send money to our treasurer Peter Wood through the normal U3A channels. Mark it 'Orphans' and we will pass it on through Philippa.

The final item of business before the musical entertainment was the photography contest which was won, quite appropriately, by a photo of ukulele players (taken by Doreen Hill).

The Ukulele Group stunned us with what polished performers they have become after only starting to play in February under the guidance of Tamar and Steve Young. After a few numbers which had everyone smiling and toe-tapping, three lovely maidens moved to the front for an unforgettable performance of hula dancing to Hawaiian classic Pearly Shells. Who would have thought Mt Templeton harboured someone skilled in the art of Polynesian dance. Well done Cheryl and her fellow beauties. It was a lovely upbeat way to end the meeting before moving on to afternoon tea.

The day wasn't without its disappointments. Despite bending the rules to accept another committee person, vacancies still exist for vice president and assistant secretary. These positions provide important backup for our existing officers and ensure our future smooth operating by having people learning the ropes. The committee cannot continue without one more member and hopefully two. Whatever your skills, we can find a spot for you. Please get in touch.

Hope to see you back in 2025,

Claire

2025 ACTIVITIES UPDATE

Ukulele seems to be our new boom group attracting both existing members and those new to U3A. It soon split into two groups on Thursdays, morning and afternoon, to cover different levels of competency.

In the New Year we have the possibility of a new group for uke beginners on Monday afternoons. Tutors Tamar and Steve have so heartily embraced U3A that they intend to visit Clare on Mondays to attend Drumbeat in the mornings. It seemed like a logical suggestion to stay the day and run a third ukulele class. (Only logical to passionate players.)

Cryptics 2, the group for Cryptic Crossword beginners which only started this year, will continue to meet in the New Year on Wednesdays at 2pm but please note the new venue. First meeting will be on 19 February at Helen Lloyd's house, 53 Norman Drive, Clare.

The **Burra Art Group** has moved venue from the Showgrounds to Shared Arts on the corner of Chapel and Bridge Streets, Burra.

Most groups continue to flourish with over 48 players enrolled across the three **Mahjong** groups, 33 artists enrolled across the two **Art** groups (many are in both), 33 between the two **Exercise** groups, 19 for **Bridge**, 17 **Drumbeat** and 31 **Coffee and Chat**. Those numbers show it's wise to enrol early.

Luckily our 15 **Petanque** players have an energetic leader in Ian Stanley. The playing surfaces and surrounds require considerable work to maintain. The high surrounds were a priority as they were a significant trip hazard. Ian was fortunate to receive some financial assistance from Lions for materials and the players will undertake the work themselves.

Our Petanque group had their biannual play off with the Gawler Petanque Club in November. Sadly we were defeated this time and had to hand back the perpetual trophy. That's two wins each now and in six months they will be back playing on the improved Clare pistes.

Lunch Club has been very Clare-focussed of late. Pinto Thai in the Woolworth's shopping centre was a recent venue which received a big thumbs up from the long table of about 14 diners. The final venue for the year was Mr Mick's where Katherine entered into quite a tussle for her preference for eating out on the lawn. Wonder who won?

It is a **Coffee and Chat Group** custom to collect money each week to be given to a good cause. This year the 30 plus members donated \$550 to the Auburn Memorial Place committee to go towards establishing an area in memory of veterans.

DON'T MISS THE XMAS PAGEANT

Friday 6 December is Clare pageant day and this year it will feature the first U3A float. A couple of enthusiastic members have been busy decorating and on the day the ukulele group will be seated on a car trailer, trying their hand at strumming a few Xmas carols as a change from their usual repertoire.

Between this and their now regular appearances at Clare markets, the uke players have joined the art groups in what I like to call the marketing arm of U3A. They keep our name in front of the public in a very positive way. Well done to you all.

A more formal attempt at marketing was made at the Watervale Resilience Day on Sunday 3 November. David Cant organised the day and invited us to take part. We welcome this recognition that U3A is an organisation which helps with personal resilience for community members undergoing life changes such as retirement, ageing, loss of friends or partners. It was a good exercise for us to dust off the marketing material but unfortunately David's work wasn't rewarded by a large attendance. Thanks to all those who helped on the stand, especially Kath Lock, Peter Wood and Bonnie Stanley.

THANK YOU TO GROUP LEADERS

U3A is made possible by the volunteer work of all our wonderful group leaders. In the absence of any formal end of year event, the committee invited group leaders to drinks and nibbles at the chairman's home on a recent Thursday evening.

We didn't get a full turnout but still enough to make a party out in the courtyard. It was a very relaxed evening with no speeches just a lot of chatter. Stocks of the Pikes Wine are safe for another day as most went for the jug of lemon, lime and bitters. The wisdom of age: no hangovers.

OUR FACEBOOK SITE

Thanks to everyone who regularly updates on our Facebook site. If you want to see video of the AGM hula dancers, it is there. Google Facebook U3A Lower North or click: <https://www.facebook.com/p/U3A-Lower-North-61554482541210/>

RATE MAGGIE BEER

Did you watch Maggie Beer's Big Mission? If so, you are invited to participate in research by the University of Tasmania evaluating the series social impact.

The online survey will take about 20 minutes to complete. Just click on this:

TAKE THE SURVEY TODAY!

ENROL NOW FOR 2025

Enrolments do not carry on from one year to the next.* To ensure a place, submit enrolment slip and payment as soon as possible. Enrolments are processed on a first come first served basis. While some groups struggle for numbers, others fill quickly.

For those who like to do things in person, your only opportunity to submit enrolment forms and money before the early bird rate expires is our Registration Day which has changed to **FRIDAY 6 DECEMBER**. Peter Wood and Katherine Stoddard will be staffing the Town Hall office from 9.30 am to 12.30 pm.

New members should fill out a New Members Enrolment Form available from our website or anyone on the committee.

Enrolment is not complete until both money and paperwork are received. Please list each of your selected subjects: 'same as last year' isn't enough.

(*If you enrolled in fourth term, your \$35 payment will cover you for 2025 but still submit paperwork.)

EARLY BIRDS SAVE \$10

The deadline for early bird payments has changed to last day of previous year. The annual subscription is \$35 with \$10 discount for payment by 31 December. Don't risk forgetting. Enrol and pay now for just \$25.

When the early bird rate expires, fees will be the full \$35 from 1 January 2025.

Payments can be made 4 ways:

- **Registration Days. Friday 6 December** or Friday 17 January. Treasurer and/or Course Coordinator will be in the Clerk's Office, Clare Town Hall from 9.30 to 12.30 (cash only) **or**
- 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).
- Take the above bank information into NAB and pay the cashier and notify Peter Wood by phone or email of details.

U3A NAME TAGS

We are now taking orders for those optional hard white plastic name tags, magnet or pin backing. (conference name tags are automatically issued free of charge.) See booking slip to order. Replacement magnets available. Don't wear magnetic version if you have a heart pacemaker.

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.

Registration days at Clare Town Hall _____

Friday 6 December 2024

and Friday 17 January 2025

Deadline for \$25 early bird rate _ 31 December 2024

Final deadline \$35 enrolments/payment _ 17 January

Group Leaders Event _____ Wednesday 12 February

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

FOR SCIENCE BUFFS

Here is a solution to our dwindling academic courses. Retired university lecturer Henry Gardner will be offering a course via Zoom from his home base of U3A Canberra. It is a 9-week course in the form of conversations over Zoom with circulated lecture notes. Numbers are limited.

The Universe and Life (virtual course) SHE126.02

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

Waiting List taken: Yes

Costs: No cost

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

Venue: VIRTUAL COURSE

Starts: Tuesday 11 February 2025, 10 am – 12 noon
Australian Eastern Summer Time [9.30 to 11.30 am in South Australia]

Ends: Tuesday 15 April

Contact: Henry Gardner:

Henry.Gardner585+u3a@gmail.com

Enrolments from: 27/01/2025

2025: FIRST TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	5/2/2025	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	11/2/2025	Burra Shared Arts
Book Group 1	Hermann Weber	Alt Thu 10:30 am – 12 noon	20/2/2025	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	27/2/2025	Clare Town Hall
Cards for Fun	Katherine Stoddart	Tue, 9.30 – 12 noon	18/2/2025	Tourism Centre
Coffee & Chat	Doreen Hill	Wed 10.30 am	19/2/2025	Various
Contract Bridge	Peter Wood	Mon 1.30 – 4 pm	13/1/2025	Tourism Centre
Cryptic Crosswords 1	Greta Handmer	Alt Thu 10.30 am	27/2/2025	25 Edward St, Clare
Cryptic Crosswords 2	Sue Mayfield	Alt. Wed. 2 pm	19/2/2025	53 Norman Dr., Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	20/2/2025	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	17/2/2025	To be advised
Exercise 1	Chris Roberts	Tue 9 – 10 am	18/2/2025	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	18/2/2025	Lutheran Hall
Knit and Sew	Mary Clark	Tue 2 – 4 pm	18/2/2025	Clare Town Hall
Lunch Club	Katherine Stoddart	2 nd Fri. 12 noon	14/2/2025	Various
Mah-jong, Auburn	Sue Beaton	Tue 2 – 4 pm	18/2/2025	Tennis clubrooms
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	19/2/2025	Tourism Centre
Mah-jong (Western)	Katherine Stoddart	Fri 9.30 am – 12 noon	21/2/2025	Tourism Centre
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2.30 – 4.30 pm	19/2/2025	10 March Ct, Clare
Petanque	Ian Stanley	Tuesday 3 – 5 pm	18/2/2025	Melrose Park, Clare
Pottery	Kate Reilly	Wed. 9.45 – 12 noon	19/2/2025	Burra Showgrounds
Quilting	Kath Lock	Thu 10 am – 1 pm	20/2/2025	St Barnabas, Clare
Scrabble	Carol Stewart	Mon 1:15 pm	17/2/2025	St Barnabas, Clare
Ukulele Beginners	Tamar & Steve Young	Mon 1.30 – 3.30 pm	17/2/2025	Clare Town Hall
Ukulele	Tamar & Steve Young	Thurs 10 am – 12 noon	20/2/2025	Clare Town Hall
Ukulele	Tamar & Steve Young	Thurs. 1.30 – 3.30 pm	20/2/2025	Clare Town Hall



Retain top half for class times, etc. Assume enrolment accepted on payment unless you hear otherwise.

RETURN enrolments ASAP: U3A office door box in Clare Town Hall, or P.O. Box 480, Clare SA 5453 (or phone 0407 224 317, or email 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: _____

Any change of address/phone/email since last year?: _____

ENROLMENTS early bird rate \$25 by end of 2024, after that \$35.

Enrol me in: _____

Newsletters by post [] or email []. **Payment** by cheque [] cash [] EFT [] All options page 3.

OPTIONAL HARD NAME TAGS \$12 Please tick for pin back [] or magnetic back []

Print name as you want it to appear _____

All information kept in accordance with U3A Lower North Inc. privacy policy