



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JUNE 2010



TERM THREE

University of the Third Age Lower North Incorporated



Post Office Box 480, Clare, South Australia, 5453



Phone 0439 139 868, Email u3alowernorth@gmail.com

Secretary: Lynton Phillips 8842 3385, 0427 344 126, lynphill@tpg.com.au

Course Co-ordinator: Val Tilbrook 8842 2465, 0448 183 748, valtil@bigpond.com

Newsletter & website: Claire Eglinton, 8842 3939, eclair76@bigpond.com

Publicity Officer: Justin Brady 8843 9212, justinb@chariot.net.au

U3A Lower North website: www.u3alowernorth.webs.com

Dear Members,

Warm greetings from a frosty hollow in the Clare Valley. I hope you are wrapped up somewhere cosy and snug reading this.

Congratulations to all our U3A achievers. Art tutor Gerald Moore trialled the Essington Mews function room with a small exhibition. Students Kay Williams and Karyn Hayes one-upped the old master out at Scarlatti's with a grand opening by Leader of the Opposition Isobel Redmond. Ms Redmond came out of the closet to admit she too had been a U3Aer. (She maintains she was under the age requirement.)

Millie Nicholls, our Botany tutor, has been recognized through nomination (one of 8 finalists) for Australian Government Individual Landcarer Award. Did you vote for her on www.landcareonline.com.au? Winner announced in Canberra on June 24.

The committee haven't let duty interfere with their holiday plans with most meetings seeing a change in the line-up. Wendy and Justin were back on board just as Lynton jetted off to Rome and Nat headed bush. Even Val is going to break the habit of a life-time and spend a few days on the Ghan. Of course I know all our members are well-travelled by the odd assortment of foreign coins in the tea money.

Another change of faces comes from the mid-term resignation of Dennis Cooper. Tom Yeatman has kindly agreed to step into the vacancy. Welcome Tom.

This term **Artists Studio Visits** is again on hold while Anne Weddle is in the UK on grandparenting duties.

Art Tutorial will see Gerald back in the traces down at the Auburn recreation ground venue. We won't see them doing a group exhibit at Scarlatti's this year but they are considering alternative venues. One must have the gallery-goers, *vin ordinaire* in hand, casting an aloof eye over your newly-framed offering to get the full artist experience.

Sue Mayfield is continuing with her Back to Basics **computing** group. They were tackling some Excel when I dropped by recently and plan to do some internet next term. As they are well into their course, Sue can't take any beginners but if any of our old students want to join for a brush-up there will be a couple of vacancies. (Council has all the computers working again.)

Our **Film Group** turned out in large numbers for Bran Nue Dae. It was a real hoot watching Ernie Dingo and Geoffrey Rush hamming it up in this musical road movie. Concession price has risen to \$8. On **Tuesday 6 July** the three-star treat will be **Bright Star**, the story of poet John Keats romance with Fanny Brawne (his bright star). Definitely for anyone who has ever muttered "season of mists and mellow fruitfulness" and wished they could remember the rest. One for the nostalgia buffs on **3 August**: the original **Casablanca** back where it belongs on the big screen. Make a bet. Did Bogart really say "Play it again Sam"?

There will be no new classes this term and a couple of others have either failed to take off or are just spluttering along. Unfortunately we didn't have sufficient numbers for Martha Bevan's **craft** class at

Rhynie to be just for U3A. Anyone who has shown interest has fitted in and car-pooled with existing students from Clare. Sorry to hear Barrie Smith has had more than his fair share of troubles but a core group from his **Furniture Restoration** class continued to meet in his absence. All the best Barrie.

Winter is a hard time to keep up numbers even in warm classrooms and I saw just 2 or 3 well-swaddled members of the **Walking Group** keeping Greta Handmer company coming down Benny's Hill on a recent chilly Monday.

Petanque could do with some more players, especially while a couple of its stalwarts are overseas. For the uninitiated, petanque is French bowls, played with those chrome balls, similar to Italian bocce. They meet 1.30 Mondays at Catford Garden (northern end of caravan park). Current group leader Justin Brady says it is a good healthy outdoor activity, competitive in a friendly way, and gets the adrenalin going. Phone Justin 0428 149 142 for more details. This must be our only group where the men usually outnumber the women. (I don't know if that will encourage more men to join or women.)

The Office

Do you remember we have an office in the Domain? We have been opening 11-1, Mondays, thinking you would all be lining up to come and say G'day. But you haven't. Not even a wave at the window. Now we have a group in the adjoining hall learning **Chinese** on Mondays who don't like being interrupted so we voted in favour of not opening the office. You can still see me on Thursdays while the **French** class is in session (preferably just before or after for long chats). Take no notice of anything the class say as our latest books are on slang and swearing. Makes 'pardon my French' more meaningful.

Thanks to a grant, U3A Lower North have splurged out on a very flashy laptop and data projector. Now we won't have to borrow one every time we have a guest speaker. We will have to have a **training session** on how to use it in the near future so if any group leaders are interested, please notify Val.

New phone number

Our Course Co-ordinator now has a dedicated phone number: 8842 2465. You can still catch Val on her old number but 8842 2465 goes with the job and will transfer to anyone holding the office of Course Co-ordinator. Might as well start using it for this term's enrolments as it took a lot of effort and inconvenience to acquire it.

Enrol or be caned

Val has asked for another reminder about the need to enrol each term so here is the one from last year.

Even if you told your group leader you would be continuing or if you have been in your group for 5 years or you made a special mention of it to Val while she was trying to do her weekly shopping, you still **must formally enrol each term** by filling out the attached form and posting it or by emailing or phoning Val Tilbrook. That goes for me too, sorry Val.

U3A might look as if it just happens but a lot of work goes on behind the scenes and a vital piece of information is enrolment numbers. That decides our venues, if classes will go ahead and who to notify about last minute changes. Remember U3A is just a little, not-for-profit, volunteer group so please be considerate.

Our 2010 Term dates

Term 3: Monday 26 July to Friday 17 September. (Two classes start earlier to fit tutors travel plans.)

Term 4: Monday 18 October to Friday 10 December.

If you are ever unsure of term dates or events, they are on our website: www.u3alownorth.webs.com.

Environment Tips

We complain kids don't know their 3 Rs but do we know the modern 3 Rs: Reduce, Reuse and Recycle.

We can all do one small thing for the environment. It is free and, if we all do it, we will save a forest or two. Put "No Junk Mail" on your letter box or if you have a post office box, tell the staff you only want authorised mail. Get out the Texta pen and do it now.

Future groups

Botany will probably be back in Term 4 and I have had fervent pleas for another **native plant propagation** workshop with Ian Roberts. A few weeks after the last session, Sue Mayfield and Chris Roberts slipped back to the old Blyth Hospital, scene of their propagating class, to check on their cuttings and were thrilled with how their babies were coming along.

Someone has kindly offered to lead a new sort of **environment** group. We envisage a discussion group with the core information sourced from on-line lectures. The next challenge is to locate suitable lectures and find a quick, economical way to download them. Anyone with suitable computer experience who would like to volunteer assistance?

*See you back in the classroom,
Claire*

2010: THIRD TERM ACTIVITIES

- Art Tutorial**, Gerald Moore, Tues. & Wed., 9.30 am -1.30 pm, starts 27/28 July, 5 weeks, Auburn.....
- Art Group**, Tuesdays 9.30 am -1.30 pm, starts 7 September, Auburn
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 29 July, Clare Library
- Chess**, Mondays 4 pm, starts 26 July at Janet & Peter Witham's, Spring Gully Road, Clare
- Chinese** (basic spoken Mandarin), Mondays 10 am, starts 26 July, Domain. No vacancies.
- Coffee & Chat Club**, Wednesdays 10.30 am, starts 28 July, venue t.b.a.....
- Computing Wednesdays**, Sue Mayfield, 10 am - 12 noon, starts 21 July, 8 weeks, Domain
- Contract Bridge**, Thursdays 3.30 pm, starts 28 July, St Barnabas' hall. No beginners.....
- Cryptic Crosswords**, alternate Thursdays, 10.30 am - 12 noon, starts 5 August, Domain.....
- Film Group**, monthly, 1st Tuesday 1.30 pm, Blyth Cinema. July 6 Bright Star; August 3 Casablanca
- *French**, Thursdays, 1.30-3.30 pm, starts 29 July, Domain
- Furniture Restoration**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 28 July, Blyth.....
- *German Conversation**, Mondays, 2-4 pm, starts 26 July, Domain
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 30 July, Tafe.....
- Mah-jong**, Jocelyn Macrow, Wednesdays 2-4 pm, start 21 July, 6 weeks, St Barnabas' Hall
- Mosaics**, Halima Northeast, Fri. 10 am - 1 pm, starts 30 July, 9 Kingfisher Drive, Clare
- Petanque**, Justin Brady, Mondays 1.30 - 3.30 pm, starts 26 July, Clare Caravan Park.....
- Walking Group**, Greta Handmer 8842 2065, Mondays 8 am, starts 26 July, meet east end Lennon St.....
- *French and German groups presume some prior learning

Venues:

'Domain' is Domain Internet Café, Main Street, Clare;

'Tafe' is Clare TAFE campus. Room numbers may change so check board outside front office.

'Auburn' is Auburn Recreation Park rooms, Saddleworth Road.

We thank Clare & Gilbert Valleys Council and TAFE for their support providing venues for our activities.



TO ENROL: *return this section to Course Co-ordinator, Val Tilbrook, before Monday 12 July at P.O. Box 480, Clare SA 5453, or phone 8842 2465, mobile 0448 183 748, or email valtil@bigpond.com.*

Enrol me in the following group/s: _____

Name: _____ Current Member? Yes [] No []

Address: _____

Telephone: _____ Mobile: _____

Email: _____ Date of birth: _____

Please tick to receive future newsletters by email [] (only if you have not done so before).

Suggestion box: _____

If you have been accepted for a course already, it will be marked in highlighter pen.

Developing healthy interests

Clare Hospital Therapeutic Garden

Wendy Sullivan from Watervale advises that a therapeutic garden is being constructed behind the Clare Hospital. It will include a pergola and aboriginal design with goanna dot painting created out of old tin cans painted and inserted into the ground. Anyone wishing to help should contact Wendy on 8842 0010, or just visit and enjoy the finished project.

Alzheimer's Australia's Consumer Dementia Research Network

Alzheimer's Australia is looking for individuals with dementia and family carers who are interested in being actively involved in all stages of dementia research as part of the Consumer Dementia Research Network. Members of the network will be involved in setting funding priorities, monitoring projects and communicating findings. The network will meet face-to-face at least once a year and have regular communication through email and teleconferences. Members will provide their perspective on what matters to consumers and are not expected to be experts in research.

Dr Skladzien envisages a group of 20 to 30, with representatives from all states. Initially active members may expect to spend an hour a week on these activities. The cut-off date for registration of interest will be 30 September 2010.

To express your interest in participating or to find out more about the network please contact Dr Ellen Skladzien: Ellen.skladzien@alzheimers.org.au or 02 6278 8927. (www.alzheimers.org.au)

If you prefer, contact Claire Eglington locally to be emailed a copy of the draft role description and selection criteria.

Opportunities for Older People to help beyondblue

beyondblue: the national depression initiative is looking for older people to help with its work. If you are over 65 and have personally experienced depression, anxiety or a related disorder (including bipolar disorder, co-existing substance use or chronic physical illness) or you are a carer, family member, friend or primary support person of someone with depression, anxiety or a related disorder you might like to consider getting involved in beyondblue's work.

Join blueVoices - beyondblue's national consumer and carer reference group for people over the age of 65 (operates via email). Members choose their level of involvement based on their interest and availability.

Some of the opportunities include taking part in surveys or research studies, providing input for community awareness campaigns for older people, becoming an ambassador, disseminating resources at events such as Seniors Week.

To join blueVoices, please complete an Expression-of-Interest form which can be downloaded from the beyondblue website (at: http://www.beyondblue.org.au/index.aspx?link_id=104.1006.)

If you have any questions please contact Bonnie Vincent, Manager, Consumer & Carer Engagement, on ph (03) 9810 6152 or email: bonnie.vincent@beyondblue.org.au.