



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2011



TERM THREE

University of the Third Age Lower North Incorporated



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Dear Members,

Greetings from my one-handed hollow in the Clare Valley (now officially a leftie thanks to badly sprained wrist ... quite a typing disability and when I say this was produced single-handedly, I mean it).

As 2nd term drew to a close we enjoyed a few good social activities. A couple of members of French group waved the U3A flag by bravely ploughing through a 4-hour 'French fireside feast' at Eldredge's Winery. Bon appétit: big appetite!

Made in Dagenham screened to a very appreciative crowd at Blyth cinema. It was good fun.

The next day some members of Coffee & Chat joined with History car-pooling to the Barossa for a performance of *Why Muriel Matters* celebrating the life of SA's own suffragette. Val reports this was an excellent show but only about 50 in the audience. For those who missed it, it will be coming to the Auburn Courthouse Sunday 24 July. Billed as a family-friendly, thrilling true story of courage, airships, bravery and inspiration, it certainly sounds worth supporting.

Coffee and Chat group also got behind another cause when Yvonne Bradford dusted off the secret family scone recipe and hosted an Australia's Biggest Morning Tea event at her home in May. Well done to all involved, particularly Yvonne, and Glenys Eldredge for the entertainment. Their effort raised \$300 for the Cancer Council. Raffle winners were Joyce Pears, Anne Robins, Beba Boska and Jeanette Grossett.

This term we are proud to present a new offering,

Current Affairs, the brainchild of member Sally Robertson. Sally has identified a niche for a small discussion group on topical issues and has put a strict limit on numbers to give it that feel of a dinner party conversation. It is envisaged each session will start with a pre-arranged topic and then widen out to whatever members wish to raise. Scheduled for Friday mornings, the first meeting will take place at Clare coffee shop, Paris Chat. Whether it remains there or moves elsewhere will no doubt be one topic of conversation at that first meeting. Act quickly, strictly limited number.

Down at Auburn the two **art classes** are performing their usual tango with Gerald's group going for 5 non-consecutive weeks and Art Group filling the gaps.

Their finished efforts can be viewed at an exhibition hosted at Gally's, Farrell Flat, sometime this term. This is a South Australian Living Artists (SALA) event which are so numerous that our **Artists Studio Visits** are suspended for the interim.

At the other end of the scale, **Bridge** and **Scrabble** never seem to take a break, continuing on even through our normal holidays. Please don't burn out those group leaders as they are not easily replaced.

Ron Bevan is still accepting beginners in **Chinese** so that gate in the Great Wall hasn't slammed entirely closed yet. Sneak in while it is still ajar.

Computing in Clare with Sue and Carole is soon to have a sister group in **Burra** but we are still negotiating times and the finer points with the school.

Film Group has a top offering, *Morning Glory*, on 12 July. The director of *Notting Hill* focuses his comedic eye on breakfast television. Both story and acting have received good reviews and it is supposed to be Harrison Ford's best performance for many years.

Nine on 9 August is a musical. It probably never recouped its \$80 million budget nor captured the magic of the director's earlier *Chicago* but it certainly has an all star cast (Daniel Day Lewis, Kidman, Loren, Cruz, Cotillard, Dench) and did manage 5 Golden Globe nominations.

Life as we know it on 13 September is a romantic comedy with few surprises on the theme of singles suddenly plunged into role of parenting an orphan.

Despite small class size, Barrie Smith has agreed to one more term of **Furniture Restoration** as some members are mid-project. Barrie is off to Canada in fourth term so this is definitely your last chance for 2011 to benefit from his wide experience of restoration, wood-working, French polishing, etc. It may be your last chance ever, as low enrolments may not lure Barrie back to teaching.

Many groups have low numbers and we ask you to recommend them to your friends. It would be sad to lose any through lack of enrolments.

Burra

My weekly trips over to Burra and the **Jewellery Making** class have been very enjoyable and after extensive research I can highly recommend the pork vindaloo at the Royal Exchange.

Unfortunately the sore paw has but an end to my budding career as jeweller but the group will continue under Alice's guidance again next term. Low numbers meant we met in the cosy comfort of Catherine Marsson's dining room. Still room for a couple more before a move to larger premises would be needed

AGM

Fourth term is a long way off yet but the committee has been giving thought to the 2011 AGM so that prime organiser, Beth Smith, can get it all booked before taking off for an OS holiday. We have always held our AGMs on Mondays but these have become so over-booked with classes that the committee decided to break tradition and this AGM will be held on a Friday. More precisely, **Friday 11 November**. Remembrance Day so you can't forget: 11/11/11.

We will be back in central Clare at the BJ Long Room in the Clare Town Hall. The other break with tradition is the committee's decision that **all nominations should be in the hands of the secretary one week**

prior to the AGM. Nomination forms will be in the next newsletter and available from the secretary. **No nominations will be accepted from the floor of the meeting unless there has been no prior nomination.** This system has been used by some other U3As with great success: everyone comes to the AGM without fear of being press-ganged into service.

Only half the committee will be reaching the end of their 2-year term and those have signalled they are happy to renominate. Unfortunately one of our newer members, treasurer Garry McDonald, has signalled he will take the opportunity to stand down due to changed personal circumstances. We have enjoyed Garry's company this year, whether at meetings or our after-meeting pub lunches and are sorry to be losing him. Now we have the challenge of finding another number cruncher. If you have any talent in that direction, or know someone who does, please have a word with Lynton or myself and we can give you more information about what is involved.

Dates & Dues

Remember our **photography contest** to show U3A at work. Entries to secretary by end of September.

Our third term starts a week later and ends a week earlier than schools. This gives us an 8-week term. **Term 3:** Monday 1 August to Friday 23 September. **Term 4:** Monday 17 October to Friday 9 December which is also the date for our end-of-year break-up.

New members joining this late in the year have the bargain basement rate of \$15 for the rest of 2011.

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

We have mentioned that 2012 will probably allow for one annual enrolment but, until that happens, Val wants everyone reminded that she needs to hear from everyone wishing to enrol for the new term. Members who just turn up because they were enrolled the previous term can cause admin headaches.

We prefer payments made by cheque. If paying in cash, please have exact money and if leaving with a group leader, place in envelope marked with name and amount (with stamped, s.a.e. if receipt required). Please make it easy for our busy group leaders.

Happy holidays to you all but do fill in those forms now so we can prepare for the coming term.

Any bad language issuing from the hollow over the past week has been the sound of one hand typing.

See you back in the classroom,
Claire

Does this sound fishy to you?

Who would think that eating fish could have anything to do with how well you hear. In fact it sounds as if it were dreamt up by the same science fiction genius who gave us the Babel fish.* However, two independent studies from different sides of the world in recent years have found omega 3 from fish lowers the risk of age-related hearing loss.

Omega 3 has long been recommended to lower risk of heart disease and cancer, reduce inflammation and arthritis pain, and improve brain health.

Now it has one more claim to nutritional fame.

Researchers at Sydney University analysed the dietary data of 2,956 adults age 50 or older in the Blue Mountains Hearing Study over a 7 year period. The participants also had their hearing tested at the start of the study and during follow-up visits.

The study showed people who consumed higher amounts of Omega 3 from fish had a lower risk of age-related hearing loss.

People over 50 who eat at least two servings of fish each week are 42% less likely to develop age-related hearing loss than people who consume less than one serving per week.

These results were confirmed by a second study, conducted over 3 years, in the Netherlands which produced very similar figures.

But let's make that clear: to give those results the Omega 3 has to come from fish not plants.

Why fish? Well that is where it gets complicated and I am just willing to take their word for it but, for those of you who aren't, I include the following:

The Omega 3s in fatty fish (salmon, tuna, sardines) consist of long-chain polyunsaturated fatty acids (PUFAs) EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). The Omega 3s in plants, (flax seeds, walnuts, green leafy vegetables) consist of ALA (alpha-linolenic acid), which must then undergo conversion into EPA and DHA.

To put the results in the researchers own words: "There was an inverse association between higher intakes of long-chain n-3 PUFAs and regular weekly consumption of fish and hearing loss. Dietary intervention with n-3 PUFAs could prevent or delay the development of age-related hearing loss."

Looks like the cat and I will both have fishy breath in future. But if the cat's food has as much salmon and sardine in it as claimed, why can't he hear me when I call him inside at night?

[Re Babel fish. For those of you who never read "The Hitchhikers Guide to the Galaxy" by Douglas Adams or just want your memory refreshed, or just enjoy a little nonsense, the Babel fish was a universal translator from one language to another and if you stuck one in your ear, you could instantly understand anything said to you in any form of language and it crossed the language divide between any species.*

The author used it in an amusing argument for and against the existence of God, and finished by saying: "the poor Babel fish, by effectively removing all barriers to communication between different cultures and races, has caused more and bloodier wars than anything else in the history of creation."

Sometimes sci-fi has an unsettling ring of truth to it.]

Your Suggestions:

Please give us your suggestions for possible future courses, teachers, venues, events or anything else on which you may care to comment.

2011: THIRD TERM ACTIVITIES

- Art Tutorial**, Gerald Moore, Tues. & Wed., 9.30 am -1.30 pm, starts 16/17 Aug, 5 weeks, Auburn
- Art Group**, Tuesdays 9.30 am -1.30 pm, on non-tutorial Tuesdays, starts 1 Aug., Auburn
- Book Group**, Greta Handmer, alternate Thursdays, 10.30 am - 12 noon, starts 4 Aug., Clare Library
- Chess**, Mondays 4 pm, starts 1 Aug., Janet & Peter Witham's Solsken, Spring Gully Road, Clare
- Chinese** (spoken Mandarin), Ron Bevan, Mondays 10 am, starts 1 Aug., Domain. Beginners accepted. ..
- Coffee & Chat Club**, Val Tilbrook, Wednesdays 10.30 am, starts 3 Aug., venue t.b.a (no vacancies).
- Computing Clare**, Sue Mayfield, Wednesdays, 10 am - 12, starts 3 Aug, Domain \$30 room hire
- Computing Burra**, Claire Eglinton, t.b.a., Burra School
- Contract Bridge**, Eleanor Thomas, Thursdays 3 pm, starts 4 Aug., St Barnabas' hall. No beginners.
- Cryptic Crosswords**, Greta Handmer 8842 2065, alt. Thursdays, 10.30 am, starts 11 Aug., 25 Edward St
- Current Affairs**, Sally Robertson, Fridays 10am-12 noon, starts 5 Aug., Paris Chat initially
- Film Group**, Val Tilbrook, second Tuesday of month, 1.30 pm, Blyth Cinema.....
- *French Back to Basics**, Claire Eglinton, Thursdays, 12-1.15 pm, starts 4 Aug., Domain.....
- *French**, Claire Eglinton, Thursdays, 1.30-3.30 pm, starts 4 Aug., Domain
- Furniture Restoration, etc.**, Barrie Smith, Wednesdays 10 am - 12 noon, starts 3 Aug. Lakeside
- *German Conversation**, Gunther Bayha, Mondays, 2-4 pm, starts 1 Aug., Domain
- History: local & Aust.**, Val Tilbrook, Fridays, 10 am - 12 noon, starts 5 Aug., Tafe
- Jewellery**, Alice Keane, Tuesdays, 10 am - 12, starts 2 Aug., Burra.....
- Mah-jong**, Jocelyn Macrow, Wednesdays 2-4 pm, starts 3 Aug., St Barnabas' Hall.....
- Mosaics**, Halima Northeast, Fri. 10 am - 1 pm, starts 5 Aug., 9 Kingfisher Drive, Clare
- Petanque**, Malcolm Weddle, Mondays 1.30 - 3.30 pm, starts 1 Aug., Catford Garden
- Scrabble**, Carol Stewart, Mondays 1.15, starts 1 Aug., St Barnabas; Church Hall.
- Walking Group**, Greta Handmer 8842 2065, Mondays 8 am, starts 1 Aug., 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; 'Auburn' is Auburn Recreation Park rooms, Saddleworth Road

Photography Competition. Capture U3A in action for display at AGM. Entries (electronic not hard copy) to secretary by end of September. The snaps are to show our U3A in action, highlighting interesting activities or just members having a good time. It won't be judged on technical excellence but on the way it portrays U3A. We might even do an extra prize for the funniest or most bizarre. Winner announced at AGM. Every group asked to have at least one entry.



TO ENROL: *return this section to Course Co-ordinator, Val Tilbrook, before Monday 25 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: _____ Year of birth: _____

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

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