



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JUNE 2016 🍎 **TERM THREE**

University of the Third Age Lower North Incorporated

🍎 Post Office Box 480, Clare, South Australia, 5453 🍎

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Dear Members,

Greetings from a chilly hollow in the Clare Valley buzzing to the tune of firewood-seeking chainsaws.

Half our committee members are skipping town on holidays so recent meetings have been devoted to pre-planning events which fall later this year: end of year break-up, AGM, art exhibition and also this year a bus outing for the general membership.

The outing was sparked by a member suggestion. This one should appeal to those interested in gardening and early settlers but we are open to suggestions on the focus of future outings: arts, music events or just a day at the beach. The history group has always been very good at providing trips for its members but it was felt it was time something was offered to the general membership. If successful, a bus trip open to all members could become an annual U3A event.

Another opportunity to get out of town will be the Riverland Rendezvous 9-11 May 2017 hosted by U3A Riverland. Lower North has decided there is no benefit to us in mounting an expo stand so any members wishing to attend can do so free of any work obligations. At this stage we are collecting expressions of interest to assist Riverland in their planning. Let us know if you want to attend, or perform at the concert. Being a first-time event, they need to know whether to book a 500-seat theatre or a bus shelter. Details inside.

Nothing to report yet about our future at the Domain but we are feeling positive. Any return to TAFE premises seems to have been ruled out by it being earmarked for future premises of the Northern and Yorke Natural Resources Management agency.

SPRING OUTING

A bus trip to Anlaby, near Kapunda, is planned for Friday 21 October when the garden will be its finest.

Settled in 1839, Anlaby is the oldest Merino Stud in South Australia. In its heyday it ran 70,000 sheep and employed 70 staff. The homestead, just north of Kapunda, is set in about 10 acres of gardens.

Our trip will include guided tours of both house and garden. Between the two tours, a gourmet sandwich lunch will be provided.

The guided walks through the historically-listed gardens typically include the shade and glass houses, walled vegetable garden, rose gardens and terraced lawns. The original carriageway winds past the front of the house and down to the peacock aviary.

The garden is a restoration work in progress and not all in pristine condition. The current owners wish they still had the 14 gardeners from 1904.

House tours include the principal rooms plus the servants work rooms, kitchen, scullery and butler's pantry and aim to give you a strong sense of how the family and servants lived and worked there.

Anlaby is still an active sheep stud as well as tourism venture, hosting functions and selling quality woollen items from its shop and on-line.

Book now. Cost \$65. Limit of 38 places.

Email u3alowernorth@gmail.com or phone Quentin Fleming on 0418 824 607. We will contact you later to confirm booking and organise payment.

FILM DATE CHANGES

U3A films at Blyth, while remaining on Tuesdays at 2 pm, will no longer fall on the second Tuesday of the month. The July film, *A Month of Sundays*, had to be moved to the first Tuesday (from the 12th to the 5th) and from August they will fall on the 4th Tuesday of each month.

The movie on 23 August will be *Hunt for the Wilderpeople*, a great NZ comedy with Sam Neill.

If you are ever unsure of the next movie, our website lists them on the 'Coming Events' page along with a short description.

While talking movies, I have to say we have had an incredibly good selection for our U3A matinees this year. I don't know whether to thank those producers who have decided to finance movies for adults rather than teenagers, or Ian Roberts for finding them or Val Tilbrook for selecting them.

FRENCH TIME CHANGE

Both French groups will be changing times to Thursday mornings. French I will run between 9.30 and 10.30 am. French II from 10.45 am to 12.30 pm.

Numbers have been down this term so we kept mainly to audio tapes. Kath Lock returned from her latest tour armed with catalogues from the famous Picard food company. The challenge was to order food for a dinner party from shopkeeper Kath who insisted on the usual French pleasantries along with a little chat about weather and grandchildren. She promises more shopping next term.

TRAIL WALKS RETURN

Sue Mayfield's popular trail walks are reappearing in Term 3. Sue wanted to start earlier this year to allow for orchid hunting in Spring Gully but the dates won't be consecutive and may even spread across two terms. In addition to Spring Gully, Sue plans on walks in Pink's Reserve and re-visiting Gleeson Wetlands.

All the various experts, Millie Nicholls (botany), Dave Donato (bird watching), Geoff Brownlie (Friends of Spring Gully), Steve Wicks (geology), Pat Williams (Gleeson Wetlands Green Team) and Helen Alderson (Pink's Reserve) need to find mutually agreed dates. So far all we can announce is it will be on Monday mornings 9am, possibly starting late August. Those enrolled will be notified.

PHOTOGRAPHY

Photography will return if we have sufficient numbers. Please let Quentin know if you are interested and he will put you on a waiting list.

NEW IPAD CLASSES START

Thank you to Marian Wickes who answered our call for an iPad tutor. The first class is fully booked but anyone interested should leave their name with Quentin to be placed on the waiting list.

Marian is starting off with very small groups of only three so she can give everyone individual attention. That means students will need to be conscientious about attendance and submitting apologies.

PETANQUE ON WINTER RECESS

Term 3 is a bit chilly for Petanque in the Clare Valley. The change of venue, from Clare to Auburn, seems to have been quite a success so it will resume in Auburn at the beginning of Term 4.

LOSS AND GRIEF

Term 4 will see a new course. Anne Smith, will be talking about how to cope with loss and grief. Anne, our Relaxation and Meditation leader, is also a trained counsellor.

Several people have said to me how important their U3A group was to them when coping with the loss of a partner so it seems appropriate that we run something specifically on the topic.

LETTER BOX SUCCESS

Anyone wishing to return enrolment forms but resenting the postage charges, may take advantage of the new black letterbox on the Domain front fence (204 Main Street, next to WSB) and just drop them in when next shopping in Clare. (No money please.)

Feel free to treat it as a suggestion box with any ideas for future classes, tutors or outings.

ELECTRONIC PAYMENT CHANGES

One more reminder that we have transferred our banking to the National Australia Bank.

Account Name: U3A Lower North

Bank BSB: 085 558

Account No: 748828019

Identify payment with name of person making payment, surname then initial, e.g. smithj.

Annual membership \$25 but only \$15 for remainder of year if joining after June.

Men socialize by insulting each other, but they don't really mean it.

Women socialize by complimenting each other, but they don't really mean it either.

HELP WITH RESEARCH

Universities often ask for our assistance with student research. They are invariably about recognizing and overcoming the problems of ageing so we are happy to promote them. I did this one myself and it made me realize how important U3A is to me.



Researchers at The University of Queensland are looking for people who are willing to take part in a research study: What role do social networks make to retirement adjustment and well-being?

Over 3 million Australians are currently retired from the work force, and while we know financial planning is important in this process, about a third of people still fail to adjust well despite this planning. Research is now pointing to the importance of social networks, and our study investigates the contribution that these relationships make to retirement adjustment.

The study has been reviewed and approved by the Behavioural and Social Sciences Ethical Review Committee (Approval Number: 2015001736). Taking part will involve you answering some questions in an online survey about your workplace, retirement preparation, social relationships, and sources of support and well-being.

If you would like to be involved, please select one of the following options:

For those who are **approaching retirement**,

- please go to the following survey link:
https://uqpsych.qualtrics.com/SE/?SID=SV_9SIydDtJe1YI4FT

After completing this survey we will contact you at retirement and a few months after retirement, to see if you are willing to answer similar questions. The purpose of this is to track your experience in the transition to retirement.

For those who have **already retired**,

- please go to the following survey link:
https://uqpsych.qualtrics.com/SE/?SID=SV_8cycKraO7eRdLbD

Either survey takes about 30 minutes to complete, your responses will save as you go and you can take as long as you like.



RIVERLAND

9-11 MAY 2017

RIVERLAND RENDEZVOUS

DRAFT PROGRAMME

Please note this event does fall within Lower North term time. Let us know if you are planning to attend.

Tuesday:

U3A SA quarterly meeting, Berri Town Hall
Banrock Station Eco walk with optional lunch and/or wine tasting
Setup for U3A Expo, Berri Farmers' Market site
Welcome, opening and concert in Renmark

Wednesday:

Riverland U3A Expo. All U3As are invited to mount a display, maybe an award for the best, with the public invited to see what U3A is all about.
Evening: TBA

Thursday:

Guided walks along the beautiful Renmark riverfront
Paddle Steamer Industry cruises with Devonshire tea, max cost \$20
Moonrise over the Murray – Farewell dinner at the award-winning Renmark Club

Other activities and attractions: historic Loxton tour, bowls, golf, Woolshed Brewery, Ruston's rose garden.

Registration fees will be kept to the minimum required to cover costs with U3A SA offering grants for venue hire, etc. Free entry to most activities.

Riverland weather for May: Average Max 20C. Min 8C, 26.5 fine days.

2016 U3A CALENDAR

If meeting outside these dates please inform the committee for insurance reasons.

TERM 3: Monday 1 August to Friday 23 September

TERM 4: __ Monday 17 October to Fri. 9 December
Annual General Meeting: _____ Friday 4 November
End-of-year lunch & movie: ____ Friday 9 December

*See you back in the classroom,
Claire*

2016: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Ancestry**	<i>Dianne Richardson</i>	By appointment (\$20 fee)	01/08/2016	49 Albert St
Art	<i>Gerald Moore</i>	Wed 9:30am - 1:30pm	03/08/2016	Auburn
Book Group	<i>Marianne Holliday</i>	Alt Thu 10:30am - 12noon	04/08/2016	Clare Library
Contract Bridge	<i>Eleanor Thomas</i>	Thu 3pm	04/08/2016	St Barnabas
Chess	<i>Ian Bails</i>	Tue 2:30 - 4:30pm	02/08/2016	Essington Mews
Chinese (Mandarin)	<i>Ron Bevan</i>	Mon 10am - 12noon	01/08/2016	Domain
Coffee & Chat	<i>Val Tilbrook</i>	Wed 10:30am	27/07/2016	Clare Visitor Centre
Computing	<i>Quentin Fleming</i>	Tue 1 - 3pm	02/08/2016	Domain
Computing 2	<i>Quentin Fleming</i>	Fri 10am – 12 noon	05/08/2016	Domain
Computing 3 iPads	<i>Marian Wickes</i>	Tue 12 noon- 1:30pm	02/08/2016	Domain
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am - 12noon	11/08/2016	25 Edward St
Drumbeat	<i>John Monten</i>	Mon 10am - 12noon	01/08/2016	St Barnabas
Exercise I	<i>Chris Roberts</i>	Tue 9 - 10am	02/08/2016	Lutheran Hall
Exercise II	<i>Chris Roberts</i>	Tue 10 - 11am	02/08/2016	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	4th Tue 2pm	23/08/2016	Blyth Cinema
French: Back to Basics*	<i>Claire Eglinton</i>	Thu 9.30-10.30 am	12/08/2016	Domain
French*	<i>Claire Eglinton</i>	Thu 10.45 am- 12.30 pm	12/08/2016	Domain
Furniture Restoration	<i>Barrie Smith</i>	Wed 10am - 12noon	03/08/2016	Blyth
History	<i>Val Tilbrook</i>	Fri 10am - 12noon	03/08/2016	St Barnabas
Irish Culture, Language	<i>Ian Bails</i>	Tue 9:30am - 12noon	02/08/2016	Essington Mews
Knitting	<i>Mary Clark</i>	Tue 2 - 4pm	02/08/2016	Domain
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 - 4pm	03/08/2016	St Barnabas
Mah-jong, Auburn	<i>Sue Beaton</i>	Tue 2 - 4pm	02/08/2016	Auburn
Music Appreciation	<i>Moira Kleinig</i>	1st, 3rd, 5th Thu 2pm	04/08/2016	2/10 Harriet St
Quilting	<i>Lesley Bray</i>	Thu 10am - 1pm	04/08/2016	St Barnabas
Relaxation and Meditation	<i>Anne Smith</i>	Tue 10 - 11:30am	02/08/2016	Domain
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	01/08/2016	St Barnabas
Trail Walks and Talks	<i>Sue Mayfield</i>	Mon 9 am	tba	tba
Walking Group, Clare	<i>Margaret Daly</i>	Mon 8am	01/08/2016	Lennon St east
Walking Group, Auburn	<i>Helen Smith</i>	Thu 8.30 am	04/08/2016	Auburn Institute

NB: ** \$20 fee payable to our Treasurer in same manner as annual subscription, *French groups presume some prior learning



PLEASE RETURN new enrolments to Course Co-ordinator, Quentin Fleming, preferably before Friday 22 July at P.O. Box 480, Clare SA 5453, or phone 0447 601 142, or email asku3a@gmail.com

Enrol me in the following group/s: _____

Name: _____ Current Member? Yes / No

Address: _____

Telephone: _____ Mobile: _____

Email: _____ Year of birth: _____ Country of origin _____

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

Enclosed is total payment of \$ _____ NB Change of bank details

Payment is for (put number of people in the brackets): \$15 ½ year membership []; \$20 ancestry []

Cheques to U3A Lower North Inc., PO Box 480, Clare, 5453; or pay online. (U3A Lower North, No. 748828019; BSB 085 558. Use surname followed by initial, e.g. John Smith = smithj. Emails to u3alownorth@gmail.com)

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