



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2026



TERM THREE

University of the Third Age is now a global movement



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U3A Lower North website: www.u3alownorth.com Facebook site [link](#)

Dear Members,

Greetings from a hollow in Clare where the winter solstice was celebrated with iced up car windows but, unlike Hobart, no nude swimming.

Soon we will be having our winter catch-up for group leaders at Bonnie and Ian Stanleys and we are all hoping for a reappearance of mulled wine around their open fire. Again, no nude swimming.

Just like Lower North last year, our State network group U3A South Australia is celebrating their 20th. After our AGM representatives of all 20 U3As will be having lunch at The Tea Tree, Modbury (formerly Sfera's convention centre and accommodation). If you are interested in attending, let me know.

At this time of year we are planning for our own AGM which falls on Friday 30 October. It is a time to remind you that we need to find new committee members to replace those who are retiring after serving their term.

In particular we are looking for two committee people with no specific job but willing to help out when needed, plus someone with moderate computer skills willing to be trained to be the new course coordinator.

We are an all-volunteer body which exists by everyone playing their part. So everyone can feel safe to attend the AGM without fear of being guilted into a position, we ask that all nominations are submitted a week beforehand. If you have skills to offer, please contact me or the secretary for a chat.

There is a niche in U3A Lower North for everyone to play a part.

We are a registered charity because we offer a great service to our members, the seniors of this district. Do get involved and create the type of organisation you and your friends will want to belong to well into the future. You can continue to reap the benefits long after your volunteering days are over.

Another timely reminder is to start thinking about our annual photography competition. Photos showing your U3A group in action help build our photo library and put you in the running for a nice prize at the AGM where all photos are on display. Entries close 23 October.

So here is your To Do list:

1. Volunteer to do something in U3A
2. Take several cute shots of your U3A group in action and enter in annual competition.
3. Complain about anything you want changed.
4. Remember these must be done in correct order. No jumping to the end of the list until you have completed the earlier tasks.

If anyone knows of someone who would be an entertaining guest speaker at the AGM, just let us know their name. We have had some outstanding speakers over the years and are always keen to hear of new possibilities to add to our little black book.

Thanks.

*See you back in the classroom,
Claire*

CLASS UPDATES

One could think that our groups are unutterably boring as a request for stories failed to bring any response except from the ever-reliable Ann Foster 'plenty of painting to keep us out of mischief' she assures me, and a couple of 'nothing to report' reports. There is also a dearth of postings on our Facebook site.

The short-lived **Cryptics 2** was only created to teach the basics to some newcomers. It seems to have been a success as all Cryptic Crossword solvers are now happily united into one group led by Sue Mayfield and meeting on Wednesdays in Hope Street, Clare. Sue says Cryptics 2 will make a reappearance as needed.

Petanque players had to cancel the most recent of their biannual clashes with Gawler for a lack of Clare players. Photographs of the November match show our players have opted for a red uniform, no doubt because Gawler had an existing uniform of blue and gold, in almost the exact U3A shades.

Bonnie was working overtime to find an alternative venue for our **Ukulele** group as their usual Clare Town Hall room won't be available for most Thursdays this term. Rotary have kindly offered their shed at Melrose Park.

DATES FOR 2026

2026 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.

TERM 2: _____ Monday 27 April to Monday 29 June

TERM 3: ____ Monday 20 July to Friday 18 September

TERM 4: _ Monday 12 October to Friday 4 December

Annual General Meeting: _____ Friday 30 October

Registration day for 2027: _ Friday 4 December 2026

PAYMENTS

- 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 us by phone or email of details.

FIND YOUR FACE ON FACEBOOK

Do check out this link to our Facebook page [link](#) and contribute photos and stories.

SHINGLES SHOTS AND MORE

If you haven't already done so, please put this on your priority list: get vaccinated against shingles.

We have seen a couple of bad cases within U3A ranks. It can be very painful and at times disfiguring.

Without vaccination, 1 in 3 adults can develop shingles in their lifetime and the risk of developing shingles increases over the age of 70.

That is why the government made vaccination free for over 65s. 97% of adults have the virus that causes shingles within them.

Shingles is caused by reactivation of the virus that causes chickenpox and presents as a painful blistering rash on one side of the face or body that lasts 10-15 days.

One in five people with shingles will develop severe nerve pain known as post-herpetic neuralgia that can last months or even years. It can be permanent.

The risk of developing shingles increases with age and people aged over 65 are at the highest risk of complications such as post-herpetic neuralgia.

So remember shingles shots is not a dating agency for drunks but taxpayer money being spent wisely to save us a lot of unpleasantness. Roll up your sleeve and do your part.

While we are on the subject, U3A was recently contacted by the Department of Health, Disability and Ageing to provide information on winter vaccinations for people aged 65 years and over.

Vaccination is the most effective way to protect against common winter respiratory viruses, including influenza (flu), COVID-19 and respiratory syncytial virus (RSV), particularly for older Australians who have a higher risk of severe illness and hospitalisation.

Protection from vaccination is strongest in the first 3 to 4 months after you are vaccinated.

Influenza and RSV seasons can start as early as March in Australia, peaking between June and September.

You can safely get influenza, COVID-19 and RSV vaccines at the same appointment. Speak with your doctor about your eligibility for other recommended free NIP vaccines. You don't need to wait 6 months after a COVID-19 infection to get a dose.

For more information visit health.gov.au/winter-vaccinations.

ARTS: Exhibitions and Workshops

Ann Foster reports that the Burra Art Group has had two workshops so far this year. One on pastels by an Adelaide artist and an in-house acrylic workshop was held in May.

Auburn Art Group has had a busy year so far, with a successful exhibition at the Clare Art House resulting in 5 paintings and many cards sold, and gaining one new member. Five of our Auburn members individually entered the Clare Art Fair on the Gourmet weekend and another 5 paintings sold. Looks like 5 is the new magic number.

On July 22 we are holding an acrylic painting workshop with another Adelaide artist.

In August our U3A Art Group is also exhibiting in SALA at the Auburn Institute. Dates are in 2 blocks. Thursday to Sunday 13-16 and 20-23 August.

CHANGES TO AGED CARE ACT

You may be aware the *Aged Care Act 2024* commenced November 2025. To support older people to understand what the changes are to the Act and how it may impact them, the government has introduced two learning modules:

[Module 1: Your guide to the Aged Care Act 2024 – Understanding and adapting](#)

This module helps you better understand what changed under the new Aged Care Act including your rights in care, what aged care services look like, accessing aged care, quality and safety in care and supported decision-making.

[Module 2: Aligning to changes – implementing the Aged Care Act 2024](#)

In this learning module, you will learn about supporting the needs of older people, key changes to residential aged care and in-home aged care and navigating complaints and raising concerns.

[Module 1](#) and [Module 2](#) are available in **downloadable (offline) formats**, making them accessible for learners who prefer to study without an internet connection.

Access modules via the [department's](#) or the [Older Persons Advocacy Network's](#) (OPAN's) website.

Brought to you by, I kid you not, the Education and Training team, **New Aged Care Act Transition Branch**, Reform Implementation Division, Ageing and Aged Care Group, Australian Government, Department of Health, Disability and Ageing. Try fitting that on a business card.

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SCAMWATCH

With tax time 2026 fast approaching, Scamwatch and the Australian Taxation Office (ATO) are reminding Australians to be aware of communications claiming to be from the ATO or 'myGov'.

Scammers make phone calls, send fake emails, texts, or messages, and even create fake websites that look like the real thing but they're not.

Warning signs to look out for

Unexpected requests for personal or financial information, especially with a sense of urgency.

An unsolicited message with a link that claims to be from the ATO. The ATO will never do this.

The email or text includes a link that wants you to sign into your myGov account.

The email's sender details do not match the legitimate gov. agency and do not end in '.gov.au'.

Protect yourself from tax time scams

They create a sense of urgency to manipulate you into clicking links to fake websites or to download harmful attachments. They may also send messages urging you to call a phone number that connects you to the scammer.

Criminals design these communications to look real, using official logos, branding, and language to deceive people. The scammers may then use your stolen personal information, including your myGov sign in details, to commit fraud in your name.

STOP. Don't rush. Don't click links in unexpected messages or share passwords, one-time codes, or financial information.

CHECK. Contact the Australian Taxation Office using the official app or website or call 1800 008 540 to check if the contact is real.

PROTECT. If you shared money or personal information with a scammer, act quickly. Contact the ATO on 1800 008 540 to help protect your ATO accounts. Visit Scamwatch to learn more about what to do if you've been scammed.

To report scams and find more info go to Scamwatch.gov.au.

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I got called pretty today. Smirk.

Actually the whole sentence was 'you're pretty annoying' but I like to focus on the positive.

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'Weak people revenge. Strong people forgive. Intelligent people ignore.' Albert Einstein

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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).

2026: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	22/7/2026	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 1.30 pm	11/8/2026	Burra Shared Arts
Book Group 1	Hermann Weber	Alt Thu 10:30 am – 12 noon	23/7/2026	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	30/7/2026	Clare Town Hall
Cards for Fun	Barb Snaddon	Tue 9.30 – 12 noon	21/7/2026	Tourism Centre
Coffee & Chat	Doreen Hill	Wed 10.30 am	22/7/2026	Various
Contract Bridge	Graham Trengove	Mon 1.30 – 4 pm	20/7/2026	Tourism Centre
Cryptic Crosswords	Sue Mayfield	Alt Thu 10 am	30/7/2026	Hope St, Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	23/7/2026	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	20/7/2026	St Barnabas, Clare
Exercise 1	Chris Roberts	Tue 9 – 10 am	21/7/2026	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	21/7/2026	Lutheran Hall
Knit and Sew	Mary Clark	Tue 2 – 4 pm	21/7/2026	Clare Town Hall
Lunch Club	Katherine Stoddart	2 nd Fri 12.30 pm	14/8/2026	Various
Mah-jong, Auburn	Maria Barnes	Tue 2 – 4 pm	21/7/2026	Tennis clubrooms
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	22/7/2026	Tourism Centre
Mah-jong (Western)	Katherine Stoddart	Fri 9.30 am – 12 noon	24/7/2026	Tourism Centre
Petanque	Ian Stanley	Tue 2 – 4 pm	22/7/2026	Melrose Park, Clare
Quilting	Kath Lock	Thu 10 am – 1 pm	23/7/2026	St Barnabas, Clare
Scrabble	Shirley Jenner	Mon 1:15 pm	20/7/2026	St Barnabas, Clare
Ukulele Beginners	Tamar & Steve Young	Mon 1.30 – 3.30 pm	20/7/2026	Clare Town Hall
Ukulele	Tamar & Steve Young	Thu 10 am – 12 noon	23/7/2026	Clare Town Hall*
Ukulele	Tamar & Steve Young	Thu 1.30 – 3.30 pm	23/7/2026	Clare Town Hall*

*Rotary shed at Melrose Park when Town Hall room unavailable.