



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2024



TERM THREE

University of the Third Age is now a global movement



Post Office Box 480, Clare, South Australia, 5453



Phone 0447 601 142 Email.....u3alownorth@gmail.com

Secretary: Bonnie Stanley 0400 039 420 bonnie@iscs.com.au

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

Chairman, newsletter & website: Claire Eglinton 0488 058 494, eclair5453@gmail.com

U3A Lower North website: www.u3alownorth.com Note changed address

Dear Members,

Greetings from a hollow in the damp heart of Clare where cold, dark mornings provide an excellent excuse for sleeping in rather than morning walks.

It is never too early to start planning, especially when it is something as important as a new committee. We already have a great guest speaker lined up for our Annual General Meeting in November but finding enough new committee members might prove a little more difficult.

This year we are sad to be losing two friends who have proved to be cheerful and willing workers for the U3A cause: Kath Lock and Ian Foster. We were already one down in number so that means we need to find at least three nominees before November.

Do you have what it takes? Being a new member is no handicap. In fact it can help to see us with the fresh eyes of a newcomer.

U3A is an all-volunteer group and everyone is supposed to take a share in its running. Members will never have more energy, skills and enthusiasm than when they first join so that is the easiest time to join the management committee

Contact anyone on the committee for more information about what is required. It is not too arduous and we hold just 2 meetings each term.

We hope a large audience will turn up to hear our guest speaker, Riverton resident Philippa Robb.

Despite being a local, Philippa's story is a world away from our everyday existence.

First invited on a trip to Zimbabwe by a work colleague in 2006, Philippa has since returned ten times staying between 4 and 8 weeks each stay. What keeps drawing her back? What has become her passion project in this land-locked country 10,000 km away from her home? Since COVID Philippa has confined her travel to within Australia but hopes to return to Africa as air routes re-open. You can learn why at our AGM on Friday 1 November in the Clare Town Hall function room.

Have you checked out our Facebook page yet? Google U3A Lower North Facebook and you will find some familiar faces having fun at their various U3A activities. This Facebook page not only gives us the pleasure of seeing our U3A in action, it has also proved to be an excellent marketing tool. Alert staff at the Producer newspaper saw photos of our ukulele class in action and approached us for a story. It is usually the other way round with us begging for some publicity.

Do register as a follower so the latest updates go to your Facebook feed. If you want to go one better and become an active helper, send suitable photos to Bonnie, Katherine or myself.

*See you back in the classroom,
Claire*

FAREWELL COMPUTING

Sad news that after almost 20 years the **Computing** class has ceased. A lack of attendees coinciding with ill-health convinced tutor Quentin Fleming to finally pull the pin. Thank you Quentin for your work with computing which extends over 10 years and to all the other tutors since 2006.

My records from 2006 show Sue Mayfield as the original computing tutor and she was still at it in 2013. I started helping out and taking beginners classes in 2007 and kept that up for many years, trying different things like a disastrous attempt to establish a class in Burra using Education Department computers with all their barriers to getting access to the internet.

Marian Wicks served her time teaching people to use their iPads and tablets. Various other people taught for a term or two.

At our peak we had four computer classes running: Beginner, Advanced, Publisher and Excel.

Member preferences showed up at our Get Online Week activity last year. Lured in by a free lunch (thanks to grant money) members had a great time learning new tricks to better use their mobile phones, and other devices. They were all in favour of it happening again but when asked if they would like to join a regular class the answer was a resounding NO.

Sadly a few weeks after this recent decision, I saw a Facebook query from a member asking if anyone would provide some coaching to teach her how to manage her documents and sort them into files. Just the sort of thing Sue and I used to do every week. Using a computer or any electronic device is so much easier when you have been taught the basics.

Perhaps one day classes will come back bigger and better than before but for now it is in recess.

OTHER CLASS NEWS

Diane Richardson has led the **quilting** group since the departure of Lesley Bray in about 2016 so we are sorry to hear that Diane too has left the district. Quilting will continue with Kath Lock taking over group leader responsibilities in the absence of anyone else volunteering. Thanks Diane for your years of service and thanks Kath for putting your hand up rather than see the group fold.

Theoretically **Petanque**, is in recess once daylight saving finishes. However I have been supplied with their 'winter hours', which is 2 to 4 pm. This is very weather dependent and only happens by arrangement on suitably warm, dry days.

Ian Stanley runs the group since the departure of Kerry Lampard and has spent quite some time looking at what needs to be done to maintain the pistes. It is not a cheap business but so far we have had no success sourcing grant funding.

In their ongoing challenge with Gawler Petanque players, our U3A players won the last meet giving us 2 to 1 bragging rights.

Ukulele classes got off to a slow start. When first advertised last year we cancelled rather than go ahead with only one enrolment. This year saw more people enrol in Term 1 and now they have split into two groups: beginner (10 to noon) and more advanced after the lunch break (1.30 to 3 p.m.). The committee has been receiving very positive reports and the photographs certainly show everyone having a good time. Both groups now meet in the Town Hall Clerk's Office as the seating is more suitable for their purposes.

Lunch Club continues to flourish. Recent venues have been close to home: Seed and Antidote, with Indii next. This group has transitioned to Fridays, finding Tuesdays limiting on which venues are open earlier in the week. This seems a popular decision as attendances are high and it breaks a long-standing jinx on Friday arvo activities.

U3A 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
- Make a note of our bank details (or take this newsletter with you) and make the payment over the counter at our bank, the NAB, Clare (next to IGA, opposite Post Office).

REMAINING DATES FOR 2024

TERM 2: Ended on Friday 5 July

TERM 3: Monday 29 July to Friday 27 September

TERM 4: Monday 21 October to Friday 6 December

Annual General Meeting: Friday 1 November

Enrolment day for 2025: Thursday 5 December

SCAM WATCH

Criminals are calling people and pretending to be from the National Anti-Scam Centre.

These scammers work hard to get your trust, then try to steal your money and personal information.

Hang up on unexpected callers who say they're investigating a scam.

How the scam works

- Someone calls you saying they're from the National Anti-Scam Centre.
- The phone call looks like it comes from a legitimate phone number belonging to a trusted organisation, like the government or police.
- They say they're investigating a phone number registered in your name that's being used in a scam in China.
- These criminals may tell you they work with the Chinese Anti-Scam Centre or Chinese police, and say they will help you 'clear your record'.
- They ask you questions to 'confirm you're not involved' in the scam.
- They may spend a lot of time with you, building your trust.
- These criminals may threaten you to steal your money, financial and personal information.

Stay protected

STOP – Don't give money or personal or financial information. Don't click on any links if you're unsure. Say no, hang up, delete.

CHECK – Scammers pretend to be from organisations you know and trust – like myGov, your bank, the police or government. You can check the call, message, or email is real by calling the official phone number of the organisation using contact details you find yourself.

REPORT – The more we talk, the less power they have. Report scams to Scamwatch. By speaking up, you protect others and stop scams before they happen. Better safe than scammed.

If you've been affected

- If you have lost money, contact your bank or financial institution immediately.
- If you've had personal information stolen or need support to recover from a scam, contact IDCARE on 1800 595 160.
- Help others by reporting scams to Scamwatch.
- Tell your friends and family: you can share your experience, get support and help to protect others from scams

For more information about how to avoid or report a scam, visit the Scamwatch website.

PHOTOGRAPHY COMPETITION

Time to start thinking about our annual photography competition. Photos displayed and prize awarded to winner at our AGM. Entries to be submitted by Friday 25 October.

Please make sure your group enters at least one photo of one or more of your members in action.

OLD TRIBAL WISDOM

Old tribal wisdom says that when you discover you are riding a dead horse, the best strategy is to dismount. Businesses and governments, however, often try other strategies. These include...

1. Buy a stronger whip.
2. Change riders.
3. Say things like "This is the way we always have ridden this horse"
4. Appoint a committee to study the horse.
5. Arrange to visit other sites to see how they ride dead horses.
6. Increase the standards to ride dead horses.
7. Appoint a tiger team to revive the dead horse.
8. Run a training session to improve riding ability.
9. Compare the state of dead horses in today's environment.
10. Change the requirements declaring that "This horse is not dead".
11. Hire contractors to ride the dead horse.
12. Harness several dead horses together for increased speed.
13. Declare that "No horse is too dead to beat."
14. Provide additional funding to increase the horse's performance.
15. Do a CA Study to see if contractors can ride it cheaper.
16. Purchase a product to make dead horses run faster.
17. Declare the horse is now "better, faster and cheaper."
18. Form a quality circle to find uses for dead horses.
19. Revisit the performance requirements for horses.
20. Say this horse was procured with cost as an independent variable.
21. Promote the dead horse to a supervisory position.

EMAIL ETIQUETTE

Pause, question, check and edit before forwarding emails.

Please remove all previous e-mail addresses and use BCC (blind carbon copy) when you forward emails



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 [] Details page 2.

All information kept in accordance with U3A Lower North Inc. privacy policy (see website).



2024: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	31/7/2024	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	6/8/2024	15 Chapel St, Burra
Book Group 1	Hermann Weber	Alt Thu 10 am – 12 noon	8/8/2024	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	1/8/2024	Clare Town Hall
Cards for Fun	Katherine Stoddart	Tue, 9.30 am – 12 noon	30/7/2024	Tourism Centre
Coffee & Chat	Doreen Hill	Wed 10.30 am	7/8/2024	Various
Contract Bridge	Peter Wood	Mon 1.30 – 4 pm	29/7/2024	Tourism Centre
Cryptic Crosswords 1	Greta Handmer	Alt Thu 10 am	1/8/2024	25 Edward St, Clare
Cryptic Crosswords 2	Sue Mayfield	Alt Wed. 2 pm	10/7/2024	St Barnabas, Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	8/8/2024	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	29/7/2024	To be advised
Exercise 1	Chris Roberts	Tue 9 – 10 am	30/7/2024	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	30/7/2024	Lutheran Hall
Knit and Sew	Mary Clark	Tue 2 – 4 pm	30/7/2024	Clare Town Hall
Lunch Club	Katherine Stoddart	2 nd Fri. 12.30 pm	14/7/2024	Various
Mah-jong, Auburn	Sue Beaton	Tue 2 – 4 pm	30/7/2024	Tennis clubrooms
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	31/7/2024	Tourism Centre
Mah-jong (Western)	Katherine Stoddart	Fri 9.30 am – 12 noon	2/8/2024	Tourism Centre
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2.30 – 4.30 pm	31/7/2024	10 March Ct, Clare
Petanque	Ian Stanley	Tuesday 2 – 4 pm	By appt.	Melrose Park, Clare
Quilting	Kath Lock	Thu 10 am – 1 pm	1/8/2024	St Barnabas, Clare
Scrabble	Carol Stewart	Mon 1:15 pm	29/7/2024	St Barnabas, Clare
Ukulele 1	Tamar & Steve Young	Thu. 10 am – 12 noon	1/8/2024	Clare Town Hall
Ukulele 2	Tamar & Steve Young	Thu. 1.30 – 3.30 pm	1/8/2024	Clare Town Hall

STATEWIDE ONLINE COURSES: view courses or enrol at: <https://u3asouthaustralia.org.au/courses-2/>