



U3A LOWER NORTH

Sharing Skills and Experience with Friends

APRIL 2026



TERM TWO

University of the Third Age is now a global movement



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Dear Members,

Greetings from a hollow in the Clare Valley where the weather has been too good to sit at a desk.

This is the first newsletter printed since the summer break and so late it has almost missed our April holidays. Thanks to everyone who submitted their re-enrolment paperwork on time. It makes the course co-ordinator's job so much easier.

Many people ordered the optional but free plastic badges on their enrolment forms. Our order went in early this year and by now everyone should have received theirs. If you missed out this year, put your name in early for our next order.

Term 2 will see no disruption in use of Town Hall rooms as the annual Rotary Art Exhibition, which usually takes priority, has been cancelled.

Meanwhile our own U3A Art Exhibition has been on display at the Mill Street Art House from 1-20 April. Each day one of the group were rostered on as 'Artist in Residence' to talk to visitors, promote U3A and the activities offered.

Speaking of cancellations, some of our group leaders travel long distances so if the fuel crisis continues, I would expect some classes to be put on hold. Everyone on the class roll will be notified. If you won't be attending activities for the same reason, please let your group leader know. Thanks.

*See you back in the classroom,
Claire*

AND NOW FOR THE WEATHER

Today is set to be agreeably alliterative across an assortment of areas although the occasional metaphor may cause some faces to cloud.

Idioms will be coming down like stair rods in northern regions, while the south may experience the odd outbreak of similes, like an unexpected shower of arrows.

In coastal, littoral, and seaside areas, synonyms remain likely.

Further inland, sudden gusts of hyperbole look set to take your breath away

and a series of scattered euphemisms will have you reaching for your wellies.

If you're driving, please be aware that tautologies of frozen ice are still affecting some roads,

after a heavy, prolonged flurry of oxymorons.

And finally – from tomorrow evening – expect the return of some light litotes, making next week's outlook hardly the best.

By UK poet Brian Bilston

More of Brian's poetry can be found at <https://www.facebook.com/BrianBilston>

2026 ACTIVITIES UPDATE

Our **Ukulele** group certainly get around. As well as their appearances at the show markets, they have now been invited to play at local aged care facilities.

After liaising with Hayley and Lisa at Kara house and Nardine at Carinya, those who attend the Thursday afternoon session have gathered at our usual time at both facilities. It has been arranged to have a 2 or 3-month trial at both places: the second Thursday of every month at Kara House and the fourth Thursday at Carinya. It is designed to include the residents in the joy of music, those who want to sing along, get up and have a dance, or rattle a percussion instrument.

Some U3A ukulele players even provided an impromptu performance to celebrate a recent citizenship ceremony.

The committee is thrilled we started this U3A activity and were fortunate enough to find in Tamar and Steve tutors so willing to get involved in the community.

Drumbeat will start a week later than usual.

Katherine Stoddart reports that the **Lunch Group** continues to grow in numbers. Originally, I thought it would mainly appeal to singles who didn't want to dine out alone. To some extent it has but it has also attracted half a dozen couples with overall numbers up to thirty now.

Membership of Kath Lock's **Book Group 2** has increased by 100%. One wonders if they will need a bigger room until you realize they only started off the year with 2 members. Kath says, "we are now 4 enthusiastic laughing readers, and enjoying ourselves immensely". They now meet in the room next to the U3A office. It may be smallish but still has room for another 100% increase.

Both Cryptic Crossword groups continue smoothly under the leadership of Sue Mayfield who says there is always room for more in **Cryptic Crosswords 2**.

Petanque numbers are growing and they frequently have 12 people playing. Currently our players are trying to tie in a date to play the bi-annual tournament with the Gawler club. If it works for Gawler the tentative date is 24th May.

Clare will host them and hope to win back the trophy on our home turf! Play takes place on a Tuesday afternoon and with daylight saving ended, the start time is 2pm and not 3pm as in summer.

Ian sends a group text message to the Petanque players each Tuesday morning to confirm if they are playing as its weather dependent.

UKULELE LOVER

Avowed ukulele lover George Harrison once wrote in a note to a friend "Everyone I know who is into the ukulele is 'crackers'... you can't play and not laugh!"

This little gem of information was included in a recent Guardian article written by Melanie Tait a Sydney playwright and journalist and a recent convert to the charms of the ukulele.

She wrote:

I took up the ukulele after a chance encounter. It's made me as happy as falling in love. [Wow, some uke! But I guess some guys do fall in love with ukes.]

Singing with a group of women brought back the nourishment that only making music with a group of people you're in step with can provide.

I'm crackers for the ukulele. The instrument has lit up my life like the nine o'clock fireworks – it's sparkly, fun, wholesome and everyone's welcome.

Within my group of friends, I've become to ukulele what 1990s Oprah was to diets. I'm trying to convert all my friends. I'm inviting them to join my monthly ukulele group. I'm sending them links to cheap starter ukes that keep a good tune. I want them to feel this happy. I want their brains to light up with music and new skills.

Give it a go. I am sure that happy tone of a ukulele string will light up your heart. See full story [here](#)

Courtesy of Guardian News & Media Ltd

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.

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

National plan to end the abuse and mistreatment of older people 2026–2036

Released 16 Mar 2026 by the Attorney-General's Department (Australia)

The abuse and mistreatment of older people (sometimes referred to as 'elder abuse') is prevalent in Australia. The abuse and mistreatment of older people is a complex health, justice, social and economic issue. It can have devastating consequences for the physical, mental, financial, social and emotional wellbeing of older people, their families and communities.

This plan takes a broad approach to ending the abuse and mistreatment of older people wherever it occurs in society. The plan builds on the foundations and progress made under the first [National plan to respond to the abuse of older Australians \(elder abuse\) 2019–2023](#).

The plan outlines six key principles that underpin the plan as a whole, along with four focus areas which will guide work over the life of the plan. The priority actions in each focus area will inform the more detailed activities contained in the two five-year action plans.

There are six commonly recognised forms of abuse and mistreatment of older people:

- physical abuse
- sexual abuse
- psychological or emotional
- financial abuse
- neglect
- cultural or spiritual abuse.

Key principles

1. Taking a human rights approach
2. Ending ageism
3. Listening to and learning from the experiences of older people and diverse communities
4. A strong focus on prevention and early intervention
5. Supporting individual decision-making, autonomy and dignity
6. A person-centred and trauma-informed response.

If you are interested in reading more on the topic click on this link: [National plan to end the abuse and mistreatment of older people: Easy Read version](#)

DEMENTIA STUDY

CogCoach Brain is an online dementia risk reduction program using lifestyle interventions for Australians aged 60 and over with subjective cognitive decline or mild cognitive impairment. They are seeking people from diverse backgrounds to attend focus groups to help ensure that their program is as inclusive as possible before it is implemented across Australia.

They are currently looking for people aged 60 plus with memory concerns who EITHER live in a regional or remote area OR have 13 years of formal education or less(participants only have to meet one criterion as they are running two different focus groups).

The focus groups will be 45-60 minutes where they will ask for feedback about the CogCoach Brain Program.

Interested participants can register at:

<https://redcap.link/cogcoachsurvey>

for more information email:

CogCoachBrain-Study@unimelb.edu.au

Participants will be provided a \$30 gift card as a token of appreciation for their contribution to the project.

MONASH UNI DEMENTIA WEBINAR

A team at Monash University (led by A/Prof Darshini Ayton) who have established the Dementia Learning and Research Community (DLRC.org.au) are hosting an online webinar that they thought some U3A members may be interested in: **A Positive, Person First Approach to Dementia Care**.

Join Daniela Russo for practical dementia-care tools and insights drawn from 32+ years as a gerontologist and leader in aged and health care. Learn about the role of hormones in brain function and behaviour, and how to support people living with dementia to minimise distress and prevent other symptoms.

This webinar is open to anyone with a personal or professional interest in dementia. Monday 27 April, 12pm-1pm (AEST) More information and registration here: <https://events.humanitix.com/personfirst-dementiacare>.

oOo

Great people talk about ideas, average people talk about things, and small people talk about wine: Fran Lebowitz. That line might not get a laugh when Fran visits SA next month. I always remember the words of another visiting comic who described SA as the place where even the bogans know about wine.

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 [] All options: page 2.

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

2026: SECOND TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	<i>Ann Foster</i>	Wed 9:30 am – 1:30 pm	29/4/2026	Auburn oval
Art, Burra	<i>Ann Foster</i>	2 nd Tue, 9.30 am – 1.30 pm	12/5/2026	Burra Shared Arts
Book Group 1	<i>Hermann Weber</i>	Alt Thu 10:30 am – 12 noon	30/4/2026	St Barnabas, Clare
Book Group 2	<i>Kath Lock</i>	Alt Thu 1.30 – 3 pm	7/5/2026	Clare Town Hall
Cards for Fun	<i>Barb Snaddon</i>	Tue, 9.30 – 12 noon	23/4/2026	Tourism Centre
Coffee & Chat	<i>Doreen Hill</i>	Wed 10.30 am	29/4/2026	Various
Contract Bridge	<i>Graham Trengove</i>	Mon 1.30 – 4 pm	27/4/2026	Tourism Centre
Cryptic Crosswords 1	<i>Sue Mayfield</i>	Alt Thu 10 am	7/5/2026	Sue's place, Clare
Cryptic Crosswords 2	<i>Sue Mayfield</i>	Alt. Wed 2 pm	29/4/2026	3 Norman Dr., Clare
Current Affairs	<i>Quentin Fleming</i>	Alt Thu 1.30 – 3 pm	30/4/2026	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon 10 – 11.30 am	4/5/2026	St Barnabas, Clare
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10 am	28/4/2026	Lutheran Hall
Exercise 2 (seated)	<i>Chris Roberts</i>	Tue 10 – 11 am	28/4/2026	Lutheran Hall
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4 pm	28/4/2026	Clare Town Hall
Lunch Club	<i>Katherine Stoddart</i>	2 nd Fri 12.30 pm	8/5/2026	Various
Mah-jong, Auburn	<i>Maria Barnes</i>	Tue 2 – 4 pm	28/4/2026	Tennis clubrooms
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4 pm	29/4/2026	Tourism Centre
Mah-jong (Western)	<i>Katherine Stoddart</i>	Fri 9.30 am – 12 noon	1/5/2026	Tourism Centre
Petanque	<i>Ian Stanley</i>	Tue 2 – 4 pm	28/4/2026	Melrose Park, Clare
Quilting	<i>Kath Lock</i>	Thu 10 am – 1 pm	30/4/2026	St Barnabas, Clare
Scrabble	<i>Shirley Jenner</i>	Mon 1:15 pm	27/4/2026	St Barnabas, Clare
Ukulele Beginners	<i>Tamar & Steve Young</i>	Mon 1.30 – 3.30 pm	27/4/2026	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 10 am – 12 noon	30/4/2026	Clare Town Hall
Ukulele	<i>Tamar & Steve Young</i>	Thu 1.30 – 3.30 pm	30/4/2026	Clare Town Hall