



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2023



TERM THREE

based on the University of the Third Age
international educational movement



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Dear Members,

Greetings from downtown Fluville where the pyrotechnics of explosive sneezing have faded into a hacking cough (just one long pelvic floor test) and whenever you feel you are over it, a burning fever and red-ringed eyes return. You don't want this. Please everyone remember to have your flu jabs and any outstanding COVID shots while you are at it.

Secretary Bonnie Stanley has booked a Group Leaders morning tea for Wednesday 19 July at Mr Micks. Hope all group leaders can make it. Expect an invitation closer to the event and please RSVP whether yes or no so Bonnie doesn't have to do follow-up phone calls.

It will give the committee an opportunity to share with you our ideas on how best to handle annual re-enrolments (yes, it will involve group leaders) and any other changes, and of course it is your chance to tell the committee what you want.

It is about this time of year when we start scratching our head about a really good guest speaker for our AGM. With outstanding forethought, Bonnie bred one herself.

Her lovely daughter Serena Lynch will be talking about her very unusual career path which has taken her from the police force to being a breeder of assistance dogs. If you have ever wondered what they do, no doubt there will be pups to demonstrate their skills and to win our hearts.

The expected move of our Town Hall activities to a different room didn't go ahead. Evidently it is still just a thought bubble which has to get Council budget approval (a high hurdle these days).

We have recently experienced problems having multiple copies of books delivered to Clare from a city library. It is no doubt a cost-saving measure as media reports say a \$16 million funding shortfall (over 5 years) will force libraries to cut wi-fi or courier services transferring books around the State as part of SA's unique (and brilliant) One Card system. I hope it doesn't affect the Clare library as its staff and the services they provide make it a fantastic community asset.

Progress is slow on establishing our Facebook page but one way you can help is by supplying lots of photos. That will be a challenge for many of us not being born into the selfie generation. Remember it is not shallow narcissism if you are doing it for the right reasons: publicising what we get up to at U3A.

If you want to notify us of a change to your contact details, etc., please use the form on the back page.

Those wanting to join U3A Lower North will find the New Members Enrolment Form on our website or by applying to the Secretary.

*See you back in the classroom,
Claire*

CLASS NEWS

It is **Book Group 1** with Hermann Weber which has lost its usual source of multiple copies of suitable books. Evidently, they came from Mitcham Library which has stopped this service. Hope Hermann has found an alternative source.

Kath Lock who runs **Book Group 2** says they are fortunately unaffected. They have general book discussion once a month with the alternate session focussing on either one book or one author.

The new-style language classes, **German for Travellers** and **French for Travellers**, may not be attracting large numbers but they do appeal to those planning big overseas trips who may not have any background of studying languages at school. Our previous language classes stipulated that members have some previous acquaintance with the language which of course excluded many.

What a pity that we never found another tutor willing to continue **Italian for Travellers**. That course attracted more enrolments and new members than any other that I can remember.

Doreen Hill reports that the **Coffee and Chat** group continues to thrive and they have one or two speakers each term. A recent one was the committee's own Bonnie Stanley (yes, she does get around) talking about her career which culminated in overseeing international clinical drug trials.

Petanque, officially in recess once daylight saving finished but, unofficially, they do emerge if there is a day of guaranteed sunshine. Kerry Lampard sends an email and they all shake off their winter blues by going down to the Melrose Park pistes.

Film Group will see *John Farnham: Finding The Voice* on 4 July. It changes to second Tuesday of the month from 8 August to avoid Lunch Club clash.

Lunch Club has proved a winner. Group leader Katherine Stoddart lured us to Burra to one of that town's many pubs. The new management at the Burra Hotel on Market Square may have been saddled with the previous owner's questionable taste in decoration (faux outback) but the kitchen more than compensates. A tasty lamb pie and succulent, falling-off-the-bone pork ribs were the highlights. Quilt exhibition and shopping filled time and allowed for digestion before descending on St Just's Café for coffee and dessert. Sevenhill Hotel's cellars were the term's second lunch venue: better décor but alas dry ribs which required steak knives.

STATEWIDE ONLINE

Remember our State network, U3A South Australia is hosting the offering of online courses under the name of Statewide. These courses and presentations originate from individual U3As and any member in the State can log in on their home computer and take part for no extra cost.

Why not try these courses:

DISCUSSION INSIGHT



A popular online course from Adelaide U3A is coming to Statewide.

This group explores a wide range of issues relating to contemporary Australian life. Before each meeting, participants watch a nominated episode of SBS Insight. It is then discussed in a Zoom meeting. The range of ideas and experiences lead to very interesting conversations.

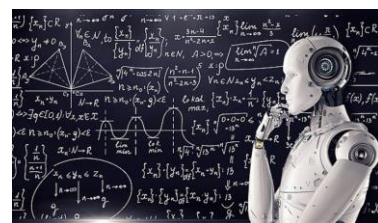
Meetings are held via Zoom at 9 am on the first and third Monday of every month.



Introducing chatGPT and AI

CHATGPT

This is the third run for a successful series. The two sessions provide skills to navigate the program and are a good preparation for joining Exploring AI



ARTIFICIAL INTELLIGENCE

This course is a discussion-exploration of Artificial Intelligence, trying out the various systems available, finding out what can and cannot be done with AI. It is a response to the lively discussion and exploration in the initial chatGPT sessions.

Click this link to see **Statewide: Courses, Tutor Profiles and Enrolment:**

<https://u3asouthaustralia.org.au/courses-2/>

ELDER ABUSE

Every year, 15 June marks World Elder Abuse Awareness Day (WEAAD). This internationally recognised day is an opportunity to highlight and oppose elder abuse. With 1 in 20 older people experiencing some form of abuse, this is a pernicious form of ageism which can lead to serious physical and psychological consequences.

When I experience ageism I usually just do a quick eye-roll but everyone should reconsider the way we think and speak about ageing and older people and remember that ageist attitudes can lead to elder abuse.

Ageism is a pervasive presence that impedes living and ageing well, can negatively affect the way services and care are provided, and is a barrier to older people participating in the workforce.

By definition, elder abuse is an act which causes either deliberate or unintentional harm to an older person.

Older people's right to safety, dignity and autonomy, and to be treated with respect is easily eroded.

It may be that older people are prevented from making their own decisions about their life, how and where they live, who they spend time with or how they deal with their finances.

Persistent and insidious devaluing of older people can spiral into abuse or mistreatment.

A recent webinar on the subject claimed a 40% increase in reported elder abuse cases over the last three years. Abuse can take many forms and is often a mix of two or more: emotional, social, neglect, financial, physical, sexual or chemical, most likely from someone they know and trust.

The 2021 National Elder Abuse Prevalence Study reported 1 in 6 older people experiencing abuse or mistreatment in the 12 months prior to the survey. Other reports showed 50% of elder abuse in SA was financial, usually mixed with emotional. Older women are most vulnerable.

If you suspect abuse or mistreatment of an adult who may be vulnerable, you can seek free confidential advice and support or make a report to the Adult Safeguarding Unit on 1800 372 310.

Click on <https://www.compass.info/> for Compass website which also has info on how to get their regular email with helpful tips on setting up your financial matters, etc .

PHOTOGRAPHY COMPETITION

Time to start thinking about the annual U3A Lower North photography competition. Photos displayed and prize awarded to winner at our AGM. Entries to be submitted by Friday 27 October

To be in the running for a box of Lindt chocolates, make sure your group enters at least one photo of one or more of your members in action.

The photos are also displayed on the big screen at Blyth before our Christmas film.

Of course the coming Facebook page will need plenty of photos too so get snapping.

LOWER NORTH FACTS & FIGURES FOR THE FORGETFUL

2023 has four 8 or 9-week terms divided by 3-week holiday breaks. To meet outside these dates inform the secretary to protect group leader insurance.

TERM 2: _____ Monday 1 May to Friday 30 June

TERM 3: _ Monday 24 July to Friday 22 September

TERM 4: Monday 16 October to Friday 7 December

Annual General Meeting: ____ Friday 3 November

Enrolment day for 2024: __ Thursday 7 December

End-of-year lunch & movie: ____ Friday 8 December

U3A PAYMENTS

Apart from our annual registration days, payments to U3A can be made by:

- post cheques made out to 'U3A Lower North Inc.' to PO Box 480, Clare, 5453; **or**
- pay online. (U3A Lower North Inc., Account No. 748828019; BSB 085 558. For ID use surname followed by initial, e.g. John Smith = smithj. Emails to u3alownorth@gmail.com).
- 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.

Please make sure your name appears on the deposit by the bank teller. For more complex payments (multiple people, badges, etc.) please phone or email Peter Wood with details.

ENROLMENTS

If you enrol in an activity at the start of the year you are considered enrolled for the full year and do not need to renew your enrolment until 2024. However, if you drop out of a class, please notify the group leader and course coordinator as someone else may be on the waiting list.

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).



2023: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art, Auburn	Ann Foster	Wed 9:30 am – 1:30 pm	26/7/2023	Auburn oval
Art, Burra	Ann Foster	2 nd Tue, 9.30 am – 2.30 pm	11/7/2023	Burra Showgrounds
Book Group 1	Hermann Weber	Alt Thu 10:30 am – 12 noon	27/7/2023	St Barnabas, Clare
Book Group 2	Kath Lock	Alt Thu 1.30 – 3 pm	3/8/2023	Clare Town Hall
Coffee & Chat	Doreen Hill	Wed 10.30 am	26/7/2023	Various
Computing	Quentin Fleming	Fri 10 am – 12 noon	28/7/2023	Clare Town Hall
Contract Bridge	Peter Wood	Mon 1.30 – 4 pm	24/7/2023	Tourist Centre
Cryptic Crosswords	Greta Handmer	Alt Thu 10.30 am	3/8/2023	25 Edward St, Clare
Current Affairs	Quentin Fleming	Alt Thu 1.30 – 3 pm	27/7/2023	Clare Town Hall
Drumbeat	John Monten	Mon 10 – 11.30 am	24/7/2023	To be advised
Exercise 1	Chris Roberts	Tue 9 – 10 am	25/7/2023	Lutheran Hall
Exercise 2 (seated)	Chris Roberts	Tue 10 – 11 am	25/7/2023	Lutheran Hall
Film Group	Sue Mayfield	Changing to 2nd Tue 2 pm	8/8/2023	Blyth Cinema
French for Travellers	Kath Lock	Thu 3 – 4 pm	27/7/2023	Clare Town Hall
German for Travellers	Ralf Armin-Grimm	Tue 10 – 11.30 am	25/7/2023	Clare Town Hall
Knit and Sew	Mary Clark	Tue 2 – 4 pm	25/7/2023	Clare Town Hall
Lunch Club	Katherine Stoddart	First Tue. 12 noon	4/7/2023	Various
Mah-jong, Auburn	Sue Beaton	Tue 2 – 4 pm	25/7/2023	Tennis Clubrooms
Mah-jong, Clare	Pam Murray	Wed 2 – 4 pm	26/7/2023	St Barnabas, Clare
Mah-jong (Western)	Katherine Stoddart	Fri 10 am – 12 noon	28/7/2023	Tourist Centre
Music Appreciation	Helen Weckert	1 st , 3 rd Wed 2.30 – 4.30 pm	5/7/2023	10 March Ct, Clare
Petanque	Kerry Lampard	Tuesday 3 – 5 pm	Not this term	Melrose Park, Clare
Quilting	Diane Richardson	Thu 10 am – 1 pm	27/7/2023	St Barnabas, Clare
Scrabble	Carol Stewart	Mon 1:15 pm	24/7/2023	St Barnabas, Clare
Walking Group	Margaret Daly	Mon 8 am	24/7/2023	Riesling Trail

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