



U3A LOWER NORTH

Sharing Skills and Experience with Friends

JULY 2019



TERM THREE

University of the Third Age Lower North Incorporated



Post Office Box 480, Clare, South Australia, 5453



Phone 0447 601 142

Email u3alownorth@gmail.com

Secretary: Beth Smith 8842 2506, bethsmith43@outlook.com

Course Co-ordinator: Quentin Fleming 0447 601 142 (leave a message), asku3a@gmail.com

Chairman, newsletter & website: Claire Eglinton, 8842 3939, eclair5453@gmail.com

Publicity Officer: Dinoo Kelleghan, 0447 133 353, dinookelleghan@gmail.com

U3A Lower North website: www.u3alownorth.webs.com

Dear Members,

Greetings from a frosty hollow in the Clare Valley bathing in the joy of recent rain.

Since last issue we have had the annual U3A Art Exhibition and I hope you all took the opportunity to see the work of this dedicated group at the Clare Art House over Easter. At the beginning of this term the group had an enforced holiday while their rooms at the Auburn Sport and Recreation grounds underwent renovations. It is also good to see Gerald back on duty.

Members may have thought that it was building work which was preventing access to the U3A office and normal meeting room at the Clare Town Hall. Not so. It was all a bit more unexpected and definitely unplanned. While builders were in creating a parenting room in the CTH, the lock-out came from a split roof beam discovered in an unrelated inspection. With that whole front corner blocked off, U3A classes have been going ahead wherever we could find space: sometimes in the function room and sometimes in a corner of the main hall. We must thank Kathy Alty from Council for always managing to find us a vacant spot, and to Jen Chestnut the Hall caretaker who has gone out of her way to see tables and chairs have been set up and, most importantly at this time of year, the heaters are on. (For that reason it is very important that we are advised if you intend cancelling a class.)

We are not sure when we will be back to our old routine. Initially an engineer's report was expected 'tomorrow' and four weeks later I checked again and they assured me it was indeed expected 'tomorrow'. Wow, right on schedule, as promised.

Of course the work will then need to go through the full tender process, then fit into a builder's schedule so I can't see us back in our usual rooms before October. Let's just hope our tiny office doesn't have to house a pillar supporting the roof.

Other plans to block off two internal doorways so both meeting rooms no longer interconnected with those behind would have been a real pain for U3A. It certainly didn't fit well with the practical minds of the two engineers on our committee who came up with a solution. At considerable expense U3A has paid for dual doors in the doorway between our office and the Clerk's Office meeting room. This satisfied Council's desire for a soundproof partition and we can leave them both open to allow not only the shortest path between office and class but also clear sight of the office so we are not constantly locking and unlocking for security reasons.

With it all currently out of bounds, I have no idea how well it works and can only rely on crossed fingers (a speedier and more cost-effective alternative to an engineering report.)

*See you back in the classroom,
Claire*

CLASS NEWS

We have had a few minor timetable changes. **Bridge** will start earlier at 2 pm and conclude at 4 pm. Some real enthusiasts are now taking private tuition in the mornings and want less of a break before they try out their new tricks at U3A.

French II is now finishing earlier on Thursdays so **Current Affairs** will start a corresponding 30 minutes earlier at 1 pm, going through to 2.30 pm.

The **Auburn Mah-jong** players have moved again and are now settled into the Auburn Institute.

Meditation for Relaxation will have a delayed start in late August as Anne will be relaxing overseas.

The **Riverton Quilting and Craft** group is doing well with already enough members to keep it viable. Sometimes activities, especially in outlying towns, take a while to build up numbers but there was obviously a demand there right from the start.

ADELAIDE HILLS RENDEZVOUS

In October (22-24) members from across the State have a chance to meet up and enjoy some special activities planned by U3A Adelaide Hills, in the style of the Riverland Rendezvous a couple of years ago.

They promise an entertaining 3-day event-filled program based around Hahndorf. Enrolments will be taken from 29 July to 31 August, with the Early Bird period closing 9 August. Bookings will be online so get help if you need. Some members are already booking local accommodation while others, like myself, are opting to stay in the city and do a daily commute up the freeway. Friends could do a group booking and car pool. See you there.

LEARNING SOMETHING NEW

The recent annual SA Gerontology Conference, run by Flinders University at their Tonsley Park campus, was a jam-packed day with the chance to hear 17 speakers, tour the Global Centre for Modern Ageing and finish off with a Friday happy hour which rivalled our usual Clare Valley version.

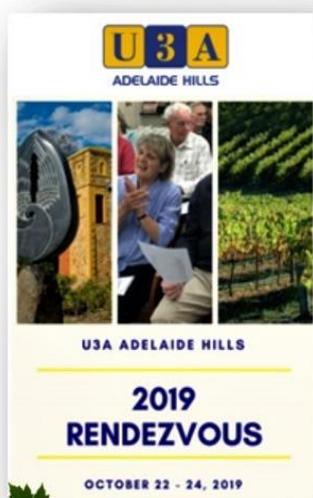
While of varying interest and relevance, some speakers had me madly note-taking. (Note to self, the younger generation don't take notes, they just languidly pull out their phones and photograph the whiteboard at the end of each session.)

One speaker, in an unintentional endorsement of modern U3As, said to create those all-important meaningful connections we need to spend time with people who share our interests, not just our age bracket.

Ngaire Hobbins, a dietician specialising in ageing and brain health, was one of the keynote speakers. Her books include: *Eat to Cheat Ageing* and *Eat to Cheat Dementia*. It is common for older people to eat less and feel they need less but Ngaire explained why it is vital we all watch our nutrition. You can't convert body fat into glucose to feed the brain, for that you need to convert protein.

It was startling to learn that a 70 year old needs more protein than a 30 year old. An older person needs 20% more protein than a younger person.

So give yourself an extra egg for breakfast and if you have a loved one in aged care, make sure they are getting the food they require for brain health.



U3A-AH RENDEZVOUS 2019

Please join us—22, 23 & 24 October

Your biggest problem will be choosing between the wide range of over 35 presentations, trips and a wide range other activities! Birding @ Laratinga, Wine Appreciation, Guided Hahndorf History Walk, Let's Write, Circle Dancing, Sophie Thomson's Garden Tour, Card Making, Poetry, Petanque, Ukulele, Mah Jong, Book Discussion, Family History Stories, Mt Lofty Botanic Gardens Walk, Financial Matters, Tickle Tank Tour & Tea, Qigong, Sheehan's Motor Museum, Backgammon, Rock Art, The Cedars AND MORE!

Bookings open 29th July STAY TUNED!

Keep in touch for updates as they unfold

www.u3aadelaidehills.com/rendezvous-2019

Come for three days - stay for a week!



SCAMS

Australians are losing more money to NBN scams, with reported losses in 2019 already higher than the total of last year's losses.

Consumers lost an average of more than \$110,000 each month between January and May this year, compared with around \$38,500 in monthly average losses throughout 2018 – an increase of nearly 300%.

"People aged over 65 are particularly vulnerable, making the most reports and losing more than \$330,000 this year. That's more than 60% of the current losses," ACCC Acting Chair Delia Rickard said.

"Scammers are increasingly using trusted brands like 'NBN' to trick unsuspecting consumers into parting with their money or personal information."

Common types of NBN scams include:

- Someone pretending to be from NBN Co or an internet provider calls a victim and claims there is a problem with their phone or internet connection, which requires remote access to fix. The scammer can then install malware or steal valuable personal information, including banking details.
- Scammers pretending to be the NBN attempting to sell NBN services, often at a discount, or equipment to you over the phone.
- Scammers may also call or visit people at their homes to sign them up to the NBN, get them a better deal or test the speed of their connection. They may ask people to provide personal details such as their name, address, date of birth, and Medicare number or ask for payment through gift cards.
- Scammers calling you during a blackout offering you the ability to stay connected during a blackout for an extra fee.

It is important to remember NBN Co is a wholesale-only company and does not sell services directly to consumers.

"We will never make unsolicited calls or door knock to sell broadband services to the public. People need to contact their preferred phone and internet service provider to make the switch," NBN Co Chief Security Officer Darren Kane said.

"We will never request remote access to a resident's computer and we will never make unsolicited requests for payment or financial information."

"If someone claiming to work 'for the NBN' tries to sell you an internet or phone service and you are unsure, ask for their details, hang up, and call your service provider to check if they're legitimate. Do a Google search or check the phone book to get your

service provider's number, don't use contact details provided by the sales person," Ms Rickard said.

"Never give an unsolicited caller remote access to your computer, and never give out your personal, credit card or online account details to anyone you don't know – in person or over the phone – unless you made the contact."

"It's also important to know that NBN does not make automated calls to tell you that you will be disconnected. If you get a call like this just hang up."

"If you think a scammer has gained access to your personal information, such as bank account details, contact your financial institution immediately."

More information about NBN scams is available online at: nbnco.com.au/scamadvice.

DATES FOR 2019

Lower North has four 8-week terms divided by 3 to 4-week holiday breaks. If meeting outside term dates notify secretary to protect group leader insurance.

TERM 3: __ Monday 29 July to Friday 21 September
Adelaide Hills Rendezvous bookings open __ 29 July
Early Bird deadline _____ 8 August
Bookings close _____ 31 August

TERM 4: __ Monday 14 October to Fri. 6 December
Annual General Meeting: _____ Friday 18 October
Adelaide Hills Rendezvous _____ 22-24 October
End-of-year lunch & movie: _____ Friday 6 December

U3A PAYMENTS

The early bird period expired 24/1/19 so the \$35 annual fee applies to all enrolments after that date.

Apart from our annual registration days, payments to U3A can be made 2 ways:

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

NAME TAGS

Orders for hard plastic name tags have closed but we will be doing another order early in 2020.

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. 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.

2019: THIRD TERM ACTIVITIES

CLASS	LEADER	TIME	STARTS	VENUE
Art	<i>Gerald Moore</i>	Wed 9:30am – 1:30pm	31/7/2019	Auburn oval
Book Group	<i>Marianne Holliday</i>	Alt Thu 10:30am – 12noon	1/8/2019	St Barnabas
Chess	<i>Ian Bails</i>	Tue 2:30 – 4:30pm	30/7/2019	Essington Mews
Coffee & Chat	<i>Val Tilbrook</i>	Wed 10:30am	31/7/2019	Various
Computing 1	<i>Quentin Fleming</i>	Fri 10.30 am – 12.30 pm	2/8/2019	Clare Town Hall
Computing 2 iPads	<i>Marian Wicks</i>	Tue 12 noon – 1:30pm	TBA	Clare Town Hall
Contract Bridge	<i>Peter Wood</i>	Thu 2 – 4pm	1/8/2019	St Barnabas
Cryptic Crosswords	<i>Greta Handmer</i>	Alt Thu 10:30am – 12noon	8/8/2019	25 Edward St
Current Affairs	<i>Claire Eglinton</i>	Alt Thu 1 – 2.30 pm	1/8/2019	Clare Town Hall
Drumbeat	<i>John Monten</i>	Mon. 10am – 12 noon	29/7/2019	St Barnabas
Exercise 1	<i>Chris Roberts</i>	Tue 9 – 10am	30/7/2019	Lutheran Hall
Exercise 2	<i>Chris Roberts</i>	Tue 10 – 11am	30/7/2019	Lutheran Hall
Film Group	<i>Val Tilbrook</i>	1st Tue of month 2pm	6/8/2019	Blyth Cinema
French 1 Basics*	<i>Claire Eglinton</i>	Thu 9.30 – 10.30 am	1/8/2019	Clare Town Hall
French 2*	<i>Kath Lock</i>	Thu 10.45 am – 12 noon	1/8/2019	Clare Town Hall
Furniture Restoration	<i>Barrie Smith</i>	Wed 10am – 12noon	31/7/2019	Blyth
History	<i>Val Tilbrook</i>	Fri 10am – 12noon	2/8/2019	St Barnabas
Knit and Sew	<i>Mary Clark</i>	Tue 2 – 4pm	30/7/2019	Clare Town Hall
Mah-jong, Auburn	<i>Sue Beatton</i>	Tue 1 – 3pm	30/7/2019	Auburn Institute
Mah-jong, Clare	<i>Pam Murray</i>	Wed 2 – 4pm	31/7/2019	St Barnabas
Meditation (Relaxation)	<i>Anne Smith</i>	Mon 1 – 2.30pm	19/8/2019	Clare Town Hall
Music Appreciation	<i>Helen Weckert</i>	1 st , 3 rd Wed of month, 2pm	7/8/2019	10 March Ct
Petanque	<i>Jim Morran</i>	Mon 1.30 pm	29/7/2019	Cent. Pk, Auburn
Quilting, Clare	<i>Diane Richardson</i>	Thu 10am – 1pm	1/8/2019	St Barnabas
Quilting, Craft, Riverton	<i>Kath Lock</i>	Friday 10am – 3pm	2/8/2019	Riverton Com. centre
Scrabble	<i>Carol Stewart</i>	Mon 1:15pm	29/7/2019	St Barnabas
Walking, Clare	<i>Margaret Daly</i>	Mon 8 am	29/7/2019	Lennon St east

* French class requires some prior knowledge of the language, no matter how rusty. TBA: Group leader to advise class.



Retain top half for class times, etc. Assume enrolment accepted on payment unless you hear otherwise.

RETURN new or changed enrolments ASAP: P.O. Box 480, Clare SA 5453 (messages 0447 601 142, asku3a@gmail.com).

New members should complete a once-only New Members Enrolment Form (downloadable from website or we can email you one).

Name: _____

Any changes of address/phone/email since last term?: _____

Enrol me in: _____

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).