

## Newsletter#3

April 2020

### Welcome!

*New park benches have arrived.....*

#### Feedback on activities:

Nola suggested teaching your dog new tricks or just taking a walk together.

Solitude is splendid. Such a treat to enjoy peace in nature as well

Janet is cleaning out brown paper bags hoarded over many years.

Sheila is loving her baby grand piano.

Others are learning to Zoom and make video calls.

**Note:** After bitter experience I have learnt to schedule such calls. Otherwise I can be caught sans teeth, hearing aids, specs and lipstick and in poor light where my white pandemic-lasting short hair cut makes me look bald! And as Lorraine's grandchild said to her 'Remember to brush your hair and check for parsley in your teeth!'



### Update on Courses

#### Cryptic crosswords

Peter Leonard is continuing this course by sending crosswords out by email and he would like to make this service available to all U3A members. If you are interested, please email Peter [peterleonard18@bigpond.com](mailto:peterleonard18@bigpond.com) and ask to join in. Peter will use Bcc (blind or background copy) so your email address will not be seen by any of the other participants and U3A privacy guidelines will be kept.

#### Literature

Jenny McGregor is continuing Literature by email and post after the holidays. All members of the Literature course have been asked if they would like to continue and there has been an enthusiastic response particularly by those without email.

#### Reading more James Joyce

Elaine Jacobsen is continuing this course using Zoom.

**Conversing in French** is continuing via Zoom.

**Buongiorno Italia** may do likewise.

And **Talk French!** Will continue by post.

#### Pastoral note:

Members without email are being contacted by phone

## From your Course Coordinator, Erica:

**Exercise** is good for us and, of course, a walk or cycle in the fresh air and sunshine can be uplifting to our spirits. For those of us missing the conviviality of group sessions at the pool, gym, park or cycle tracks there are many online exercise activities focusing on seniors, including some where you are seated on a chair.

YouTube has: PE with Joe | the body coach, 10 minute core strengthening workout for seniors, Completely seated workout for seniors, and there are plenty more to choose from thus allowing a choice of both intensity and length of time for your workout. How about **dance lessons** on YouTube?. Remember – nobody is watching so have a go!

If you'd like to try a **science** activity outside, check out [www.wildpollinatorcount.com](http://www.wildpollinatorcount.com). This group is Albury based and runs a project asking people to sit for 10 minutes and observe the insects coming to a plant. There are great resources to help you identify the insects likely to be found in the North East.

The Australian ballet are livestreaming, starting with The Sleeping Beauty from April 5<sup>th</sup> to 17<sup>th</sup>. Check out [www.australianballet.com.au](http://www.australianballet.com.au)

## Looking forward:

Erica is asking facilitators if they want to continue into second semester and she would also welcome suggestions for new courses bearing in mind that they will probably have to be delivered by email, post, or Zoom. The latter poses some interesting challenges for teaching strategies which are being investigated at the moment. Support for delivery of courses via Zoom is available in the Network Victoria Covid-19 bulletin Edition 7 to be circulated shortly. Contact Erica at [pikee@bigpond.com](mailto:pikee@bigpond.com)

## Now for the serious stuff:

From a friend of Lorraine's who is scientist and has done extensive work in the area of infection control working for the WHO. He has asked not to be acknowledged but has given his permission for this message and the attached file to go in the newsletter.

*I put this together to maybe help some of you to understand a bit better what you might do at this point of the pandemic. For me and Marg we have decided this is how we manage to try to keep ourselves safe. I guess the reality of it is we are in the demographic that is more likely to have an adverse outcome. If you need to go out for a walk in the park or along the beach this is OK. But just keep your distance from anyone you come across. Talk to friends from a safe distance. I guess no socialising for a while. It will be pretty tough to keep up for any length of time.*

*In relation to the idea of risk assessment for various objects likely to be contaminated, right now there is very little virus out there in the community, so the likelihood of contamination of physical stuff is still very low. But we are starting now to get into the routine and make sure we don't get our living space significantly contaminated down the track. Hand washing when you come in from the world is important. But if you assess your area to be clean, then I don't think you need to be endlessly hand washing around the house.*

## And for a bit of fun:

Adaptation of the Lord Chamberlain's song from Iolanthe by Gilbert and Sullivan  
[https://youtu.be/OoA2EMTh\\_4g](https://youtu.be/OoA2EMTh_4g)



This poem, or bit of doggerel as my father would say, encapsulates my feelings on the present situation and I hope it resonates with you. The author's name is unknown but it could be Pam Ayres

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.  
You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.  
They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.  
We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!  
There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.  
Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?  
We didn't mind the change of pace  
Because our lives were full

But to bury us before we're dead  
Is like a red rag to a bull!  
So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!  
It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!  
Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.  
At least I've got a stash of booze  
For when I'm being idle  
There's wine and whisky, even gin  
If I'm feeling suicidal!  
So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.  
We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!

If you would like to contribute to the newsletter or have any comments on it, please contact me.

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