

(Reg. No. A0035750D)
Box U3A, 42 Capital Avenue
Glen Waverley 3150

Enquiries: Secretary: 9803 8592 10am-2pm weekdays
Email: postmaster@u3ahighvale.com.au
Website: <http://www.u3ahighvale.com.au>

TERM 3: – 13th July – 18th September 2020

COVID-19 UPDATE

Social distancing will remain the norm for some time. All in-person classes and meetings for Term 2 (14 April to 26 June) have been suspended. The situation will be reviewed at the end of June 2020 and members shall be duly informed. For now, continue to exercise personal hygiene and appropriate distancing.

We Have a New Website!

We invite you to visit our new-look website. The web address remains the same: u3ahighvale.com.au.

Thanks to David Jewell (one of our Computer Tutors) who kindly took on the project of redeveloping the website during the lockdown period. So sometimes good things can come from bad situations!

The U3A Highvale committee decided to base our new website on a template provided by U3A Network Victoria. It includes appealing elements of a good site: design and colour, useability and consistency.

The new website has been well received. Some comments include "... *easy to navigate,a good site, ... much more inviting,....and full of useful information..*" Try it for yourself and let us know what you think via an email to: postmaster@u3ahighvale.com.au.

Victorian Seniors Festival 2020

This year the Festival is coming direct to you through online performances, Zoom interviews and story-telling, with three broadcasts a week from 30 April through till the end of October 2020. For details click: <https://www.seniorsonline.vic.gov.au/festivalsandawards/2020-festival-performer-profiles>.

Communiqué from Committee

Faring Well

What a shock it was when the news came through initially that there was an epidemic of coronavirus!!! Rapidly the epidemic became a pandemic and we began to see and hear horrifying reports about how COVID-19 was affecting communities overseas.

Our government acted quickly and the most important message was “Stay at home”. This was the message given to everyone but we (the elderly!!!) were told that we **must** stay at home. Suddenly everything ground to a halt and activities ceased. We listened to our TVs and radios and thought that this would only be for a few weeks. **How wrong we were!!!**

For U3A members (many of whom are involved in other organisations too), we realised that our social connections and life-long learning activities were on hold for an indefinite period of time. Emotions may range from elation (another task completed), frustration (don't seem to be achieving anything) and feeling down (would love to catch up with friends or go window shopping). We can all relate to these feelings. Stories about how some U3A Highvale members are going at this time are included in this newsletter.

Staying Connected

Humans thrive on connection -- it's in our nature, beneficial for mental health and in supporting each other at a community level. Staying connected is good for safety and risk management of family violence, suicide, accidents and neglect. We need to be connected for human development, recreation, time out, fun, play etc. Connections give us hope and love. As U3A members, we have been very good at being connected and staying alert and in touch with the world around us. Sadly this has been taken away from us in the most unpredictable, unforeseen manner. Social distancing can be a challenge for many as we have always lived in groups, in villages, communities and family units. But we need to be flexible and think creatively on how to replace face-to-face interactions. Keeping in touch could be through technology, writing letters, making calls. If anyone is feeling lonely, do contact a fellow U3A member or any member of the U3A Highvale committee.

Still Learning

U3A Highvale hasn't been slumbering while restrictions are on. Your committee 'meets' regularly via email and Jan (Course Coordinator) continues to communicate with Village residents through her monthly article for The Highvaler magazine. Other ongoing activities include:

- Zoom meetings for Zumba Gold Class, Computer Class and Intermediate Mandarin.
- Beginners Mandarin classes via Skype.
- Weekly revision lists from the tutor with a new dance on YouTube added occasionally for the Line Dancing (Improver) class.
- Chinese Mahjong class members have an active WhatsApp chat group going.
- Yoga classes have been meeting via Jitsi.

As a bonus, members have been alerted to free downloadable digital books, a variety of free entertainment, concerts and productions which were much appreciated.

And if you haven't noticed, we have a 'new look' website up and running too. Go check it out!

Lifting Restrictions

It's only natural that we would like to return to our normal activities as soon as possible as we are a great self-help community with the wish to be as self-reliant and well informed as possible. However, we remain one of the vulnerable community groups in terms of adverse health outcomes and we must follow the directives of the Government, its Health Officers and Highvale Village management. U3A Network Victoria and your U3A Highvale committee have a duty of care to you, our members, ensuring your reasonable safety whilst enjoying our activities. We will therefore be adhering to official guidelines when the Government considers it safe for us to resume and ask all – committee members, tutors and group members to work with us to continue providing a safe environment for us to enjoy our chosen groups.

Take heart from the progressive steps that are beginning to restore life as we knew it – however different it may be. Rest assured we will inform you regarding the timing and appearance of our “parole period” – progressing to the Grande Finale celebration of our strength and connection of our community group.

Beyond the Pandemic

We are starting to see the benefits of our personal efforts over the past few extraordinary weeks by following the official directives and reinventing our daily routines in this “pause” in our

life journey. Catching up with family members and close friends is like a new beginning. The need to adapt to a changing world has brought some challenges for us all – one of the major ones to many have possibly been technology. For those who have managed to accomplish some of these – give yourself a big pat on the back and keep on achieving. And those who found it an even bigger challenge and not quite managed, give yourself an even bigger pat for trying. To this end, U3A Network Victoria is setting up Zoom training online for course coordinators, tutors and committee members. We would love to know how and what you have achieved during our “enforced hiatus”. Please consider how your committee could support you to continue your newfound skills and interests.

In Conclusion

These are uncertain times, there are three things that are imprinted in our minds: constant washing of or sanitising hands, keeping safe distances from others and wearing a mask (the latter is still in debate). The extended lockdown period has several different outcomes. Mostly good but some negative. Children and animals have had the constant attention and closeness of parents and owners. Mostly this is good. Parents who in earlier times have been too busy to actually spend time with, talk with and play with their offspring are now enjoying the experience. Some parents are stressing with constant demands on them to entertain and do home schooling. Some may be working from home. Used to running wild now and again, the little ones are starting to get restless legs and climb the walls. Many parents are finding out just how their tolerance levels coping with the new scenario are staying intact. It has been a learning curve in more ways than one. This pandemic will be talked about and written in the history books so that generations to come will be able to understand how we all stayed home to save ourselves and our loved ones. The outcome cannot be predicted now but there is a lot we can do and have done to keep ahead but also safe. Positive social support can significantly improve our resilience and reduce loneliness.

Your Committee of 2020

When the Going Gets Tough



You have heard it before: *"When the going gets tough, the tough get going."*

But get going with WHAT you may ask. Well there are many ideas floating around. I have limited my selection to 7 categories. WHY 7? This prime number is considered to be the number of completeness and perfection. Further, there is evidence that on average, our short-term memory can hold about 7 items (plus or minus 2). The following suggestions may work for some, certainly not to the same degree for everyone. You chose what suits you.

① Learn Something New. It has been said that *"Learning provides you with an escape when you need it, knowledge when you seek it, and a great pastime"*.

What an opportunity we now have despite our semi-lockdown. You could try to play an instrument, tune in to [TED talks](https://www.ted.com/talks), learn a language, take up an online course or a hobby: <http://www.openculture.com>.

② Read the Books You've Been Meaning To. Mason Cooley (an aphorist) said *"Reading gives us some place to go when we have to stay where we are"*.

This may seem very similar to the subject of learning but the emphasis here is on books. There is no shortage of books: print books (hardbacks, paperbacks), downloadable digital books, audio books and eBooks.

In addition to your public library, here are two useful sources: <https://thegreatestbooks.org/>, <https://www.gutenberg.org/>.

③ Be the Writer or Artist You Aspire to Be. Underlying this idea is a call to creativity, testing your abilities as a wordsmith or designer. For journaling, penning poetry, writing family history

or a short story, try this link for starters:

<https://writingcorner.com/>.

Or get creative with art and art projects e.g.

<http://www.how-to-draw-and-paint.com/>,

<https://www.scrapbook.com/articles/how-to-scrapbook>.

④ Go On Virtual Tours. Dr. Seuss said: *"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."* While international travel won't be back for some time to come, there is nothing to stop you taking a virtual journey around the world: <https://www.airpano.com/>.

Virtual tours also abound for art galleries, museums, opera houses and famous gardens:

<https://artsandculture.google.com>,

<https://www.housebeautiful.com/uk/garden/g31913008/best-virtual-tours-garden/>.

⑤ Attend Live-Streamed Concerts and Shows. Over the last few months you have been alerted to wonderful concerts and shows broadcast to your living room for free.

This link adds to the ones you are already familiar with: <https://www.metopera.org/>.

⑥ Blitz the Backyard or Balcony Garden. You can still step out to your garden or balcony and enjoy tending your garden under or in the sky. Remember that *"to plant a garden is to believe in tomorrow"*. This link:

<https://www.abc.net.au/gardening/>

is as good as any to get you looking at a herb/vegie garden, selecting flowering plants and perhaps rethinking your garden design.

⑦ Stay Active. We all need to stay motivated to exercise during semi-lockdown. Regular exercises (for body and mind) improve our quality of life and provide long-term health benefits.

Your physical activities could include decluttering, dancing, workouts, walking (even if you don't have a dog). [YouTube](#) is an excellent start-off point.

Keeping the brain active is just as important. Train your brain with [Lumosity](#). Play board/online games e.g.:

<https://www.arkadium.com/au/>.

SO KEEP GOING BUT STAY SAFE!

Síew Kennedy
Secretary/Treasurer

Lockdown Tales

In an attempt to find out how U3A Highvale members are doing, I contacted three members who live in the Village (Ted, Kate and Jennie) and two members who live outside the Village (Rose and Mary). They all agreed to write something and I'm sure that you will enjoy reading them as much as I did. Thanks very much to those people. If we went and spoke to all our U3A members, they would have similar stories to tell but some would be quite different. Maybe this article has given you some ideas about how to use your time, in the next few months.

Keep well,
Jan Clear
Course Coordinator

Coronavirus at Highvale Village

I think the pandemic we are experiencing has brought out the kindness in people and it is a time when we can help each other and work together. Highvale Village arranged for a special service for Anzac Day, to pay tribute to our courageous heroes. What a wonderful idea!

I would like to say thank you to the Management and Staff at Highvale Village for the care they have shown to the residents in this upsetting time. I do appreciate it.

Jennie A.

Just the Medicine – A Touch of Irish Humour

This virus business has been a challenge to all of us, but there is one remedy that has long been successful – our Australian sense of humour, and what better example than our Irish strain. I know because my wife is half Irish, and I have enjoyed so much some of the Irish jokes that have crossed my path:

"That the Irish are actually a very intelligent race I couldn't agree more. My great grandfather was intelligent enough

to steal a handkerchief and get a free trip to Australia in 1853."

"The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!"

"I never thought the comment 'I wouldn't touch him/her with a 6-foot pole' would become a national policy, but here we are."

"Do not call the police about suspicious people in your neighbourhood! They are your neighbours without makeup and with their natural hair colour!"

"Does anyone know if we can take showers yet, or we just keep washing our hands?"

"Quarantine has turned us into dogs. We roam the house all day looking for food. We are told 'no' if we get too close to strangers. And we get really excited about car rides."

"When this is all over, what meeting do I attend first ... Weight Watchers or AA?"

So, the best medicine may be a touch of skepticism mixed with a dash of good old Irish humour.

Ted Bushell

The Lockdown Declutter at Unit 138

This lockdown is a good opportunity to go through the cupboards again and get rid of some of the stuff. All the kids are Mari Kondo decluttering and going minimalist, so I'm getting the message that they don't want any of my crystal, silverware, cake plates and so on. We've been in this unit for 15 years and it's time to have another sort out for the op shops ... although someone was telling me the other day that even they don't want our precious old things any more.

The Chiswell sideboard is my number one target. It's full of stuff - such as this glass cake plate. Wait a minute, didn't Mike buy that for me with the first money he earned from his paper round? I'll put that to one side and remember to use it next time I make a cake.

Oh look, here's the silver sandwich tray Auntie Ruby gave us when we were engaged. She said it had been given to her and Uncle Fred for their engagement. It must be very old by now, but I could probably have it replated one day. Dear old Auntie Rube. She was dotty in the end, with her bright lipstick spread way past her lips and that frightful white powder pressed into the cracks on her face, but she was always so kind and funny.

What about this ashtray? Kiama Blowhole. I remember when we visited there. The hole wouldn't blow, so Bob's mother bought it for me to show me what it should have looked like. She gave me this glass salad bowl too and that's quite handy. I should use it more often. I can't believe she's been gone for twenty-five years now. I can't get rid of them. There are too many memories.

These can go. These cheap glass dessert dishes. I bought them when Bob rang up at the last minute to say he'd have to bring the Sales Manager home for dinner. What a panic I got into. I rushed around to the supermarket to get these dishes because I'd be needing the dinner set bowls for soup. Into the op shop box for them.

I can't get rid of any of those crystal bowls. This one was from Auntie June, that one from the Andersons (the best boss I ever had) and Mum gave me that one from her stuff when she had to move into the pensioner's unit.

Ah, I can chuck out those glasses. I bought those when it was trendy to have multi-coloured plates and glasses. What a hideous idea! The op shop can probably find them a new home.

Do I really need these brass things we bought in India? It was in a funny little bazaar in New Delhi. I can still see the man's face. He was so pathetically grateful that we bought something.

Here's the little coffee set Auntie Min gave me for a tea-set when I was a kid and Mum would never let me play with it. It's very pretty, really. Useless, of course, but I can't possibly get rid of it after all these years.

Surely I can throw out this little vase? No, that was the last gift Maureen ever gave me. I wonder if her mother ever recovered from the shock of that terrible accident. My Judy's now older than Maureen was when she died.

These egg cups are useless, surely? No, they're handy when someone's sick in bed and

when we've got visitors. I haven't got any others, so I suppose I'll have to keep them.

This is hopeless. I can see there's nothing else I can throw out. Perhaps I can weed out some of the books and I'm sure there are plenty of clothes that can go, to say nothing of the linen cupboard. I'll get into them next week.

Kate Borchers

Filling in Time

AT the risk of boring everyone to tears, I can only write from my own isolated perspective.

Of the Heinz 57 varieties of "what to do" eating seems to be (at least in our household) something done more often. Cooking that I have never really attempted, cakes (rarely made) and desserts very infrequently made have now done their dash. I have had enough abandoned offerings due to too dry, too hard, not sweet enough, or just way too much. Added to this the dishes are always in the sink.

Having read about the gut and the brain connection, we have now embarked on a health kick and detox to help retain our sanity and be more healthy. This consists of plenty of fruit and vegetables (baby spinach, parsley, celery and other greens along with ...many other coloured vegies) consumed in way of juices and soups. These are always pretty well perfect I'm happy to inform. We expect to return when permissible, both intelligent and healthy! Bananas, apples and other fruits are also allowed, along with figs and dates and some nuts. Also ginger and lemons (the blender and the juicer are out permanently just now.) Can't say I feel great yet (only been four days) but I at least intend to continue the 90 days. We are allowed to eat normal except NO dairy, no eggs, no gluten, pork or corn and no yoghurt. Husband does only half heartedly, and eats some of the no nos. Especially -- eggs and cheese everyday.....!

Apart from food and cooking, we are well versed in politics from USA, UK, Australia and New Zealand, thank goodness for SKY TV. We have watched numerous episodes of " Call the Midwife" (one of my favourites) and poor husband sits watching babies being born and shaking his

head. We then watch some action movie (his choice) and I am amazed at the alacrity and ridiculous tricks done and no injuries or dust or dirt??? just get up and keep going. "Selling Houses" and "Escape to the Country" (UK) are more of our favourites.

When the sunshine is out, husband has made a large vegie patch and planted lots of seedlings (all going great guns) and a new flower bed down the side of the house. Again all going really well. Lots of flowers and new growth.

Cleaning was the initial "item" on my list. I cleaned everything I could, hired a carpet cleaner, washed curtains, blinds, windows, skirting boards, doona covers, blankets etc. By the time the house had been totally cleaned it was time to go and start again.

Negatives have come in the form of still being in PJs quite late in the morning. An insomniac usually, I have found I can obtain more sleep from 5am to 9am than during the night. Sometimes I need to shop in the oldies hour at Safeway (7am to 8am) and I have found this extremely safe (only about 20 of us there).

Exercise comes in the shape of a brisk walk if it's sunny, a workout in the "gym room" but only the **easy** pieces of equipment. (Too old to do the sweaty thing.) Qi Gong is done irregularly on the computer. I'm ashamed to say that I have "no time" on some days. I'm not sure where the time goes.! We both seem to potter around and the garden does require a lot of attention!!

Have had the odd day here and there playing classical and well-loved music, loudly. Meditating occasionally sometimes to the music but sometimes in the soft stillness of morning. I have read round 30 books both novels and non-fiction.

Family and friends have called and emailed or SMS to check we are OK and have a chat. We have all the offers to listen to opera and other delights in the field of arts.

Altogether for this family household at least it has been a wonderful time. However we are just now experiencing some boredom...we are looking forward to our release from home detention, allowing us to then visit family and friends around Victoria, later up in Qld and over in Perth.

Rose Randell

Free-to-Air TV

Thank you to Pat and Siew for their emails alerting us to the “One-off” gallery visits that have allowed us to view collections in galleries around the world, as well as our very own NGV!

While staying at home these last few weeks, I have been scanning free-to-air TV and found quite a number of **daytime** shows that relate to visual arts. All repeats of course! Mostly on ABC, SBS and NITV.

Fake or Fortune deals with a painting attributed to a particular artist, but with no Provenience. Experts in the particular artist's work and scientific evaluation of the paints, canvas etc. are used to evaluate the origins of the work.

Antique Road Show. This series has a repeat almost every day! Each show is filmed in a castle, church, mansion house or other building or garden of note, in the United Kingdom. People bring their precious possessions to be valued by the experts.

The Repair Shop. This series is filmed at a “Living Museum” in the south of England. The repairs are done to historical pieces, furniture, clocks, music boxes etc. brought to the “Repair Shop” by appointment, where they are brought back as close as possible to original condition.

Anyone Can be a Critic is a delightful series following couples from all walks of life, visiting our own NGV, giving each other their thoughts about various art works in the Galleries.

Gardening Australia and **Better Homes and Gardens** often have segments that show an Australian historic garden of note. They also have occasional Arts and Crafts ideas and “How To” make things from plants you may have in your own garden that can become lovely gifts for family and friends.

Great Continental Railway Journeys. These journeys visit towns or cities in Europe that house wonderful art galleries, beautiful cathedrals and castles, and films famous paintings, statues and fountains designed, carved or painted by famous artists and gives a commentary on the artist and the history of the object. Last week, the journey went to the south of France, where a group of painters were painting in the exact location as Manet, Renoir and other French Impressionists

painted, showing examples of the impressionists' work and a peek into the work of the artists working there at this time.

Hunting Nazi Treasures is a series in which the experts try to find paintings and other art works stolen by the Nazis during WWII.

The Pyramids, Solving the Mystery is a series discovering how and when the Pyramids in Egypt were built, showing the paintings and carvings adorning the walls of the pyramid interiors.

NITV has some gems relating to ancient rock art and about today's First Nations artists.

If you wish to follow up on some of these shows, look in the weekly TV guide, go to iView, or Google the name of the series. Have fun searching!

Mary Nolan

Stepping Up

In the time of the coronavirus, luxury companies have not been waiting for the good times to return. They have rolled up their sleeves and pitched in to bring their skills to where they are needed most.

- In the town of Lodi in the Lombardy region the workers who would have been making perfumes are making hand sanitiser for the Italian, Swiss and British hospitals.
- Louis Vuitton is creating protective gowns for the frontline staff.
- Ferrari is making respirator valves for face masks.
- Giorgio Armani factory is producing protective clothing.



- Hermes has donated €20 million to public hospitals around Paris, 30 tonnes of hand

sanitiser made in their fragrance factories in "Vaudreuil" and 31,000 face masks.

- Tommy Hilfiger has given 100,000 white T-shirts to health workers to wear under protective clothing which gets very hot.
- Jaguar and Land Rover, UK's biggest car manufacturer, has harnessed its expertise to make reusable protective visors. They have also provided cars to the Red Cross so they can make deliveries.
- Luxury hotels around the world are providing free rooms for medical staff who can't get home in most cities that have been severely affected.
- Many fashion houses have donated funds to help scientists find a vaccine and investigate all aspects of COVID-19.
- Prada and Burberry have donated for University research.
- Gucci handed over its social media accounts with 70 million followers to WHO in early April to help get its message across and prevent the spread of this deadly disease.

The slogan for all these hugely rich companies is **"Together we can build a better tomorrow, united we will make it."**

Jenny D'Acre

Online Class Notes

Chinese (Beginners via Skype)



Despite being housebound because of COVID-19, I am so impressed that we managed to continue our class online. Although there were a few difficulties, like deciding on a platform that everyone can access easily; replacing my whiteboard with WhatsApp group chat snapshot..., we are all having fun. Not only just learning Chinese, we also learn how to socialise in cyber space. 😊

Claudia Ng

The transition to an online platform for our class has enabled the continuation of learning at an appropriate pace. Our teacher, Claudia has been able to maintain high-quality teaching through this medium, as well as providing us with adequate resources (where necessary). The 'virtual classroom' is a fun and dynamic one; active participation is encouraged and activities are devised to help with our speaking and listening skills, as well as a way of staying connected. It has been an invaluable, enriching experience that I enjoy immensely.

Susan

Whilst not the same as being in the same room as others, the online delivery of Mandarin class does continue to provide the two critical requirements from the U3A aspects of social connections and learning at the same time.

Ann

Computers (Online via Zoom)



After starting out as a bit of an experiment in early April, all 3 Computer classes are now meeting together every Monday at noon. At our first online meeting, we had a turnout of 11 people using Zoom to discuss and learn more

about computing. We try to have a theme each week, starting out with “**Being Social**” and seeing how we can use the various Social Media services such as Facebook, WhatsApp, Skype, FaceTime, etc. to keep in touch with family and friends. With so many people having multiple computing devices these days we subsequently looked at how to move files, such as photos, from one device to another and most importantly how to backup our precious files. In sessions to come we would like to offer some advice on how to use the visual interface that we use whenever we look at a screen.

It should be noted that the Computer Class is not focused upon one type of computer. We have students who use Windows PCs, Android phones, Apple iPhones and iPads, and Macintosh computers of various types - if we can't answer your questions we will find someone who can! Learning about our computing world is very important these days, so all are welcome to join our Computer Class (online edition) and stay with us when we are again able to meet in person. Don't worry, the Tutors can talk you through how to join the class.

David Jewell

Chinese (Intermediate - Zoom)



The Intermediate Chinese Class has now met via Zoom for one hour lessons over the last 3 weeks, starting from 8th May 2020. The first meeting focused on hands-on familiarity with the program, including to consciously speak in turns and overcoming the challenges resulting from the use of smartphones with their small screens and lack of radio signals causing dropouts.

Tutor June Wang and all nine current students were able to join in the Zoom meetings. It took three meetings to resume the standard lesson format where pre-determined homework was addressed. A role-playing exercise went well. As the complimentary Zoom account only allowed 40 minutes per session, a workaround was adopted. This was to re-join the meeting with the same access details.

The class was generally satisfied with remote learning via Zoom. However it may never substitute for face-to-face interaction.

Dan Hauw

GEMS for Enquiring Minds

* [ACMI Isolation Guide: Learn something](#)

Australian Centre for Moving Images provides links to many online activities in Art, Music, Films, Science, Gardening, Cooking etc.

* [How stress remodels the brain](#)

Discovery that stress suppresses production of a protein required for communication between nerve cells and astrocytes. It suggests new treatment targets and possible prevention or reversal of stress-induced changes.

* [Spider venom key to pain relief without side-effects](#)

A novel tarantula venom mini-protein can relieve severe pain without addiction. This could be an alternative method of treating pain while reducing individuals' reliance on opioids for pain relief.

* [Gardening helps to grow positive body image](#)

While gardening improves psychological wellbeing and physical health thus reducing long-term cost on health services, new research has found that it also promotes positive body image, which measures someone's appreciation of their own body, its functions, and an acceptance of bodily imperfections.

*<https://www.youtube.com/watch?v=5xlppugocU4>

COVID-19 psychology survival guide.

Everything we need to know on **How to stay sane when everything's uncertain**: how to get motivated, why we can't stop snacking and how to procrastinate effectively (yes, it's a thing).

* [Evidence that human brains replay our waking experiences while we sleep](#)

There is direct evidence that during sleep, the brain replays neural firing patterns experienced while awake. This is thought to underlie memory consolidation, by which recent memories acquire more permanence.

* [Study reveals positive connection between nature experiences and happiness](#)

Analyses by Artificial Intelligence, of photographs posted on social media revealed a positive association between nature and happiness globally.

Where to find updates

The Victorian Department of Health is the most reliable source of advice on coronavirus and the best way to reduce risk of infection. Updates on the most recent measures in place can be monitored on the following link:

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>



U3A Network Victoria

The latest issue of the **Network Bulletin** (Edition 11 - 3 June 2020) has some useful guidelines for a return to U3A venues.

"Many of our members are craving face-to-face contact again and we are all wondering what next? Ultimately, we all need to prepare for the fact we will be returning to a different environment including maintaining our physical distance from our colleagues and friends, new protocols for any gatherings and adjustments to how we engage with people.

We also want to be able to continue what has been good. So many of us have found new ways of working that we will want to keep doing.

Each U3A Committee should plan very carefully with their tutors and office volunteers how each class or activity can be managed. The tutor or activity leader is critical in returning from COVID-19 -- most general members know only their tutors and the tutors will have to be confident in their own direction to their participants.

We MUST follow the advice of Victoria's Chief Health Officer. High Risk Groups, which include many of our members, need to minimise being in the community."

U3A Online

U3A Online (in existence now for 21 years) is a virtual University of the Third Age delivering online learning via the internet.

Its June 2020 Newsletter reported an increase in the use of its website due to COVID-19.

It introduced a new course 'Domestic History' and encouraged members who are interested in IT courses for seniors, to follow this link:

<https://beconnected.esafety.gov.au/>

We would like to thank the Hon. Shaun Leane MP, Member for Eastern Metropolitan Region, for printing this newsletter.