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President: Garry Kinnane **Honorary Secretary:** Loretta Winstanley
Office Managers Mary Paul and Office Volunteers

NEWSLETTER: Special Edition

Editor: Graeme Allen

AN APPEAL FOR NEWSLETTER COPY There have been no newsletters for the past couple of terms because there have been very few submissions from anyone. Committee Members have been sending out special bulletins. However I now have enough submissions to put together a special edition. If Committee members, office staff, tutors or other members have items for inclusion in an end of year newsletter please send to the editor at guballen@bigpond.com



A Brief Comment From your Editor

We've obviously learnt a few things in the past months about life and survival and there'll be many more trials ahead before we emerge from the repercussions of covid 19. I take this opportunity to wish all our members the very best for the journey ahead.

Most of all in these times we can but hope, hope that U3A Geelong will be back and operating in some kind of normality soon, that the future will have brightness for us all, that our personal close relationships will return and that the wonderful sharing of knowledge that epitomises our organization will be rebuilt.

I can't help thinking that the most uplifting and appropriate song for our times was presented by the great Vera Lynne, who passed away earlier this year "We'll Meet Again". No need for me to quote the words because we're of the generation it was directed at 80 years ago! And like that time, they give hope for all of us in U3A Geelong today that we will "meet again some sunny day!!

The articles presented are in some way very connected with our hopes and experiences. I'll let you make the connections.

Graeme Allen

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Notices From the Committee of Management and the Office

Report from the President:

I'm sure none of you need me to tell you that it has been a dismal year so far as U3A classes go, and that we've all been missing our classroom friends and the enjoyment we get from pursuing our subjects and activities together. And while Zoom has given a degree of satisfaction to those tutors and members who have been able to use it (and in some cases the satisfaction of online meetings and classes has been high), I think we would all agree that it is not a fully effective substitute for face-to-face classes. I've been running my own class via Zoom, and it has proved to be better than I expected, but I'd be the first to admit that it is not as good as the real thing.

The Management Committee has been honouring its commitments by meeting regularly each month via Zoom, and we've been able to keep the ship afloat and maintained while she's been in dock. A few new initiatives have been completed, such as the writing and posting up of our policies on a range of necessary issues, such as our Code of Conduct, Health and Safety and Sexual Harassment policies. These can now be found, along with a copy of our Constitution, on the U3A Geelong website. We have also been formulating a Strategic Plan for the future of U3A Geelong, and conducting a review of the Tutor Manual.

We have facilitated the use of Zoom by running a Zoom School for tutors, and have purchased three Zoom licences, which have been used by tutors choosing to run their classes by this medium. We have to thank four members in particular for these actions: Secretary Loretta Winstanley, Course Manager Nanette Tunnicliffe, Vice-President Eeon Macaulay, and tutor Josy Palmer. All these activities have been in addition to the normal overseeing of financial, administrative and personal matters that come under the Committee's watch.

But now, after all the deprivation and duress of the past months, I'm happy to announce some good news at last. The government is gradually lifting restrictions with the heartening news of falling infection numbers, that ever-welcome light at the end of the tunnel has begun to appear, and your Committee is about to plan for an end to the lockdown and the re-opening of U3A Geelong in 2021! Which means the resumption of face-to-face classes, and getting things back to as near as normal as possible. The Committee will meet next week to discuss enrolment procedures, the synopsis of available Courses for 2021, and how we will accommodate our use of venues to the social distancing and safety measures that will be in place next year. Members will be notified as soon as these arrangements have been decided, and instructions on how to enrol will be issued.

Now one important difference from our pre-Covid life will have to be embraced. 'Normal' will not mean the same as it used to. We will have to adjust to a 'New Normal' in our classroom and social practices. We will have to get used to such things as the habitual use of hand-sanitiser, surface cleaning, wearing masks, and social distancing as a new way of behaving in all our activities within U3A Geelong. We will have to post continual reminders in public spaces, and give each other prompts to remember to keep the required distancing. Our classes will in many cases be smaller, and our occupation of rooms will be in fewer numbers. We will be looking to hire whatever large spaces we can in order to accommodate larger classes, but we cannot at this stage guarantee success in obtaining them. Members and tutors might have to be prepared to attend classes at different times and on different days than they have been accustomed to. The Past is going to become another country, and things in future might not be exactly what they used to be. We must all realise that these are the changes forced upon us by the world-altering impact of Covid-19.

But we older folk, especially U3A members, are intelligent enough and unselfish enough to fully grasp the importance of these changes, and we know only too well what can result from a disregard of them. We won't do that. We will adjust, and will do whatever we must to resume the learning, the friendship and the enjoyment of participating in our much-valued activities at U3A Geelong.

Garry Kinnane
16th September, 2020



U3A GEELONG ZOOM SCHOOL

Maintaining delivery of interesting Zoom presentations has taken much of our time over the last few months. In an attempt to engage members, when face-to-face classes were impossible, Loretta and I both agreed that sessions via the internet would be an excellent addition to the contact and interactions tutors were providing.

We have had three very diverse and very interesting sessions so far and these will continue throughout term 4.

The first session was COVID-19 AND YOU, presented by Dr. Gordon Abraham.

Below you will find an excellent report on the subject matter which provided us with plenty of food for thought.

The second session was MODERNISM AND THE MELDRUM CIRCLE. This was focussed on the art circle known as the Meldrumites and it was very ably presented by our President Dr. Garry Kinnane.

The third and last session, last Thursday, was WATER FOR GOLD presented by Dr. Geoff Russell. This focussed on the history of the provision of water to the Bendigo gold fields and was so engaging.

We will return on Friday the 2nd of October with a session by Philip Dermody from Latrobe Community Health, MY AGED CARE AND COMMUNITY CARE.

The following week, Daphne Sands will present on THE HUBBLE TELESCOPE.

Nanette Tunncliffe. Loretta Winstanley

The Launch of Zoom School

Our first Zoom School presentation, on 'COVID-19 and You' Parts 1 and 2, was given by Dr Gordon Abraham. Gordon worked extensively as a researcher and teacher in the animal and human virology field for over 44 years in Australia and overseas. From 1991 to 2009 he was Senior Manager, Exotic Disease Control at the CSIRO Australian Animal Research Laboratory in Geelong.

In order to allow plenty of time for questions (there were lots!) and discussion, the group for this zoom school was limited in size, with Gordon generously offering a repeat of the sessions to meet the demand.

Gordon started Part 1 by introducing us to viruses and virus families and some of the characteristics of the RNA viruses in particular that enable them to change or mutate rapidly. He then gave a quick summary of the body's immunological responses to foreign invaders such as viruses—some responses that create the 'immunological memory' that is the key to our vaccines, and other more non-specific responses.

COVID-19 (the disease caused by the coronavirus SARS-CoV-2) is only one of many plagues and pandemics human society has lived through. Some of these diseases have been more dangerous than COVID-19 and many have died out, either naturally or with human help. The recent SARS and MERS viruses for example also came from animals as COVID-19 is understood to have done. These diseases were more severe, but thankfully did not spread across the world in the way COVID-19 has done because they did not transmit from person to person so readily.

To manage a pandemic such as COVID-19 we need to both protect people from being exposed to the virus and diagnose and treat people who do contract the disease. Understanding the virus itself and how the virus particles spread is essential to protection. For example, the SARS-CoV-2 virus has an outer lipid (fatty) envelope which can be destroyed with soap and water, detergent or alcohol—so keep up your hand washing and sanitising! Gordon also explained the different types of respiratory protective equipment and the role of face masks and social distancing.

Gordon stressed that COVID-19 is an 'opportunistic agent' as is flu. These agents usually cause most morbidity and mortality to people with pre-existing medical conditions—comorbidities—and so COVID-19 is *associated* with >90% of mortalities rather than the primary cause.

He then explained that diagnosis today is being done by genetic testing with modern computerised technology which also enables gene sequencing to identify the small changes in the genome that can identify different clusters for contact tracing.

The final section of Part 2 of Gordon's talk looked at the topic on everybody's minds—can we make a vaccine against COVID-19? Gordon explained that the goal of vaccination is to prime or stimulate our immunological memory to produce a faster, stronger protection to prevent the disease or severely reduce its severity. He outlined the different types of vaccines and some of the familiar diseases for which they have been used and then the critical properties of safe and effective vaccines. He explained the type of vaccine that the University of Oxford team is working on as an example.

There was plenty of food for thought at the end on what lessons we can take away from how we as a society have responded to this pandemic and where we go from here. Gordon's two sessions gave us an excellent technical framework for being able to discuss these things more rationally.

Deborah Evans



To all our tutors:

We of the committee know that many, if not all, tutors are missing the stimulation of teaching their classes and the camaraderie that exists between them and their class members. Have you considered convening your class via zoom? We can help you to do this by ensuring you have the instructions as to how to do this. If, however, you do not feel confident in setting up a zoom class and there is / are class members who do feel confident in doing this for you, one of those class members could set up and convene the zoom session on your behalf. Once they have done this, you would take over the teaching of the class. This is already working successfully with other classes. If you would like to have your class convene, using zoom, please contact the course co-ordinator, Nanette Tunncliffe via the Office email.

To all of our members:

Do you have some special interest, or knowledge, you would like to share with our members via a zoom presentation? Your session could be as long or as short as you wish, but we are expecting that your presentation would be between 15-20 minutes and up to an hour. If you would like to incorporate a question and answer or a discussion time into your session, that would be your choice. You could choose whether or not we record your presentation so that members who missed out on it could view it at another time. Once again, you could choose whether you would like to then join any such subsequent presentation meeting to answer questions or join the discussion.

You could perhaps talk about a subject that particularly interests you, an interesting trip you have made (armchair travel for those who join the zoom presentation), your experiences of life in another country, you could give an insight into your professional life, talk about the time and place of your growing up, convene a discussion group, or just give a talk about any one off topic. If you would like to offer a zoom session, please contact the course co-ordinator, Nanette Tunncliffe via the Office email.

Anne Carne on behalf of the Committee of Management



What else is available online?

Apart from the classes and lectures that we offer on zoom, there are intellectually stimulating options that we can all access and they are free.

Many of the most interesting are listen only:

1. La Trobe University has free podcasts. The Classics department has a superb series on ancient Rome. There are other topics in other disciplines too.
2. The ABC has a lot of podcasts that sound very interesting. In addition they are referring people to the TED talks.
3. The BBC's Radio 3 and 4 have very stimulating and informative programs on specialist topics: The Forman, In Our Time Arts and Ideas for example.

Other options are both listen and view:

1. MOOCs (Massive Open Online Courses) are free online course available to anyone. They are similar to online courses in terms of teaching and learning methods videos, group chats, assignments and tests, but they do not generally provide academic credit for use in other traditional courses, nor will you have much (if any) interaction with the lecturer.

They offer access to a range of Australian universities, e.g. ANU, Monash, Charles Sturt University and University of Queensland and to universities worldwide, e.g. Cambridge, Oxford, London School of Business. University College, Dublin, Massachusetts Institute of Technology and Ivy League universities such as Yale and Harvard .

You can access these at <https://www.gooduniversitiesguide.com.au/study-information/free-online-courses-moocs>

The Ivy League can be found at: [Ivy League MOOCs - Free Online Classes](https://www.thoughtco.com/ivy-league-free-online-courses-1098096) from the [Ivies](https://www.thoughtco.com/ivy-league-free-online-courses-1098096) <https://www.thoughtco.com/ivy-league-free-online-courses-1098096> I think you have to subscribe to them, but they are free.

Banyule U3A is referring its members to MOOCs. You can find a link to that on their website.

2. The Royal Society of Britain gives access to its journals on specialist topics in science. There are options available too in the Arts.
3. The NGV is offering on line tours of its current exhibitions.
4. City of Greater Geelong's Arts Bulletin lists what is happening in the Arts in Geelong. They are currently alerting people to the Geelong Gallery's on line tour of its exhibition.
5. Geelong Regional Libraries offers on line "author encounters". Recently Kate Grenville was the guest author.
6. U3A Manningham has free on line course "Understanding Dementia (7 weeks) and "Preventing Dementia" (4 weeks) which have been developed by Uni of Tasmania. "Understanding Dementia" has now finished but "Preventing Dementia" commences on 6th October. People who are interested in this course register at the website.

Our newsletter:

We are all missing the stimulation of our classes and the camaraderie that exists between us at U3A Geelong. We of the committee are aware that some of our members would like more regular news bulletins. We will of course, still be sending out our newsletter, but our newsletter needs contributions from our members. We invite you therefore to contribute to it.

A short article, as an alternative to some of the Zoom presentation ideas above, would be most appreciated. Any contributions can be emailed to the Office.

Anne Carne

This article from Ted Reilly is a good start! --

Musings from a locked away tutor!!

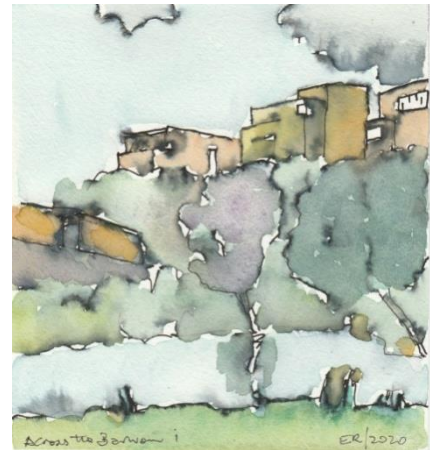
The Roman poet, Sextus Propertius, once wrote in his *Elegies*, 'Always toward absent lovers love's tide stronger flows'. At present I am feeling an absence of being at U3A Art, not just having the chance to be out of the house & around town, but also the companionship of fellow artists. Their cheerful chatter, usually not about anything earth-shaking, but ordinary matters; family, what's in today's paper, a movie or play seen, books read. Then we pause, have a cup of coffee and slice of lamington, look at what each other has been doing, then return to our chosen tasks.



I found the first few weeks of the lockdown quite disheartening, and started to believe that social order would break down, loo paper would have vanished from our lives, there'd be an uncontrolled run on the banks and we all would be drowning in the wretched Wuhan Virus [illus. 1].

But then, queues outside of Woolworths and Coles were quite orderly, with plenty of banter in the morning gloom as we waited for the doors to open.

Most afternoons, we've gone for a stroll, catching what sunshine there's been, taking photographs then working up some as watercolour sketches [illus. 2]. The garden always needs attention and the green bin has gone out each fortnight filled to the brim, and I'm sure I could generate endless lists of things to do inside were I so inclined. It hasn't turned out to be that bad, and the biggest drag was not being able to see the grandchildren, who are only 10 minutes away, but quite secure under lock and key as their parents cope with working from home and juggling two lively children.



We will get there. We will gather together in Term 3, [didn't happen –Ed.] lovers resuming interrupted conversations, and the tutor will hand around the lamingtons, pencils hovering over blank sheets of paper.

Ted Reilly

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**From Pam G.Timeless! WOW!! History repeats itself. One can but hope!!
[A poem written in 1869 by Kitty O'Meara, reprinted during 1919 pandemic.]**

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed

VALE MARGARET DUCKWORTH

Margaret Duckworth was one of the founding members of the U3A Poetry Appreciation group based in Ocean Grove. This group initially met in early February 1991, and is believed to be the oldest U3A Geelong group in existence. As an original member Margaret contributed much to the group over many years. She had a wonderful sense of humour; wit and streak of whimsy; in addition to a great understanding of poetry and life. Her lovely north east English accent was always a delight to listen to when Margaret read a chosen poem. Her experience of life and sensitivity to others shone through in group discussions.

Margaret's choice of poems to share with the group were always entertaining, thought provoking and inspiring. Those of us who had the delight of sharing time and poetry with her over the years have missed her presence for several years now. Sadly Margaret died peacefully recently, but our memories of her will live on.

From Christine Garvey on behalf of the U3A Poetry Appreciation Class



To Assess Ourselves and Share With Our Grandchildren

“A Recipe For a Good Life” by Ralph Waldo Emerson

To laugh often and much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty;
to find the best in others;
to leave the world a bit better, whether by a healthy child,
a garden patch or a redeemed social condition;
to know even one life has breathed easier because you have lived.

This is to have succeeded.....



From Charles Davis some WORDS OF ENCOURAGEMENT FOR WRINKLIES



I know many of you have been housebound, well if not, you should have been!

As a result, you have missed out on important exercise that we all need, so here's something to make you feel better and not so guilty about watching too much television:

Most senior citizens never get enough exercise. In His wisdom, God decreed that seniors become forgetful, so they would have to search for glasses, keys and other things, thus doing more walking. And God looked down and saw that it was good. Then God saw there was another need. In His wisdom, He made seniors lose co-ordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest, even though you mutter under your breath.



Also from Charles Davis... A reminder that the world is not universally inhabited by intelligent, reasonable beings

I was very surprised to learn that people in Melbourne, in the suburbs where Covid-19 has flared up, have rushed out and cleared supermarket shelves of toilet paper...again! The virus is not accompanied by gastric upsets, so why common sense has gone out the window is anybody's guess – but then, common sense died some time ago. It's obituary appeared in the American newspapers some time back...

OBITUARY TO COMMON SENSE

Source: <https://www.yourlifechoices.com.au/.../an-obituary-to-common-sense> Copied
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Today we mourn the passing of an old friend, by the name of Common Sense.

Common Sense lived a long life but died in the United States from heart failure on the brink of the new millennium. No one really knows how old he was, since his birth records were long ago lost in bureaucratic red tape. He selflessly devoted his life to service in schools, hospitals, homes, factories, and helping people get jobs done without fanfare and foolishness. For decades, petty rules, silly laws, and frivolous lawsuits held no power over Common Sense. He was credited with cultivating such valued lessons as to know when to come in out of the rain, why the early bird gets the worm, and that life isn't always fair. Common Sense lived by simple, sound financial policies (don't spend more than you earn), reliable time-tested parenting strategies (the parents are in charge, not the kids), and it is O.K. to come in second.

A veteran of the Industrial Revolution, the Great Depression, and the Technological Revolution, Common Sense survived cultural and educational trends, including body piercing, whole language, and "new math." But his health declined when he became infected with the "If-it-helps-only-one-person-it's-worth-it" virus.

In recent decades his waning strength proved no match for the ravages of well-intentioned but overbearing regulations. He watched in pain as good people became ruled by self-seeking lawyers. His health rapidly deteriorated when schools endlessly implemented zero-tolerance policies. Reports of a six-year-old boy charged with sexual harassment for kissing a classmate, a teen suspended for taking a swig of mouthwash after lunch, and a teacher fired for reprimanding an unruly student only worsened his condition. It declined even further when schools had to get parental consent to administer aspirin to a student but could not inform the parents when a female student was pregnant or wanted an abortion.

Finally, Common Sense lost his will to live as the Ten Commandments became contraband, churches became businesses, criminals received better treatment than victims, and Federal judges stuck their noses into everything from the Boy Scouts to professional sports. Finally, when a woman, too stupid to realize that a steaming cup of coffee was hot, was awarded a huge settlement, Common Sense threw in the towel. As the end neared, Common Sense drifted in and out of logic but was kept informed of developments regarding questionable regulations such as those for low-flow toilets, rocking chairs, and step ladders.

Common Sense was preceded in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by two step-brothers, My Rights and Ima Whiner.

Not many attended his funeral because so few realized he was gone.

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