



Newsletter #2 - May 2021

To keep in touch, and to make sure all our wonderful members hear what's going on!

PRESIDENT'S MESSAGE:

I'm about to have my COVID jab and that got me thinking about the future for myself and for Shoalhaven U3A. I must admit to being impatient about us all getting vaccinated and the borders open so people can come 'here' and we can go 'there'.

But, back to U3A. As we near the end of the financial year, it's great to be able to report that we are very close to breaking even for the year. 3 things that have helped greatly. Firstly, during 2020 those who attended the Zoom classes gave us an on-going income. Not enough to cover costs, but a valuable input. Secondly, since we resumed activities this year, our enrolment numbers have been building up - not back to 'pre-covid' numbers, but hopefully, next term we will be. Finally, our landlord has given us reduced rent till June and that has been of great assistance.

But back to travelling. As our borders won't open any time soon, we want to keep offering 'armchair' travels. This term, 'Destinations' has been very popular, visiting Iceland, Nepal, Morocco, France, England and Alaska. At each session, 2 members share the time and take us on a trip they completed before COVID. We'd love to visit some more places next term and Term 4 as well. So, have you been somewhere you greatly enjoyed (or you know someone who has) and would like to share with the rest of us? If you are interested, please get in contact – we can help you with putting together the presentation and remember, its only about 50 minutes per person.

Finally, there are still some activities available if you've not enrolled this term and we'll be back with a full offering again in Term 3, with enrolments starting on 14 July. Please support our volunteer presenters by signing up.

Warren Mason, President Shoalhaven U3A

IMPORTANT DATES for your Diaries:

Term 2 ends Friday 25 June 2021

Term 3 starts Monday 26 July, ends Friday 17 September 2021

The Activities Brochure goes on our Website on Saturday 3 July.

Online course enrolment is available from Wednesday 14 July when, also, postal enrolments will begin being processed.

Office enrolment is available on Thursday and Friday 15 and 16 July between 10:30am and 2:30pm

COVID UPDATE:

Most COVID restrictions have been lifted but there are still some rules that NSW Health require us to follow:

- Please do not attend activities if you are unwell.
- The 2 sq meter rule still applies to groups larger than 25 so any activities with greater numbers will be in the CWA or Senior Citizens rooms.
- Practice good hygiene and have hand sanitiser available.
- Avoid congestion areas – so coffee/tea service is managed to avoid congestion.
- Records of attendance must be collected and be available on request – these are our attendance record sheets.

We've updated our COVID plan to be compliant with the rules (again)

Website: Thanks to Peter Eales, we have a fabulous new website (<https://shoalhaven.u3anet.org.au/>) that provides easy access to all our information and activities, including on-line enrolment.

The next step forward will be to put up a Website Survey, via which our members can give us, online, their thoughts on how to improve the website. We'll let you know when this is ready – about 31st May - and

really want you to tell us what works and what doesn't.



Setting out on Currarong walk

THOUGHTS ON FUTURE ACTIVITIES / OFFERINGS:

- We're thinking that Table Tennis might be a goer! But we'll need an enthusiast to coordinate it all – if you can do this, let Eric know 😊
- Maybe a short Summer program in January – what would be nice for you?
- A Trivia evening/dinner during the daylight saving terms (T4/2021 and T1/2022) would be fun? We would need a small team to organise this so let Eric know if you could assist.
- We'd like to organise a Tutor Get-together during the week following enrolment week – to get to know each other, discuss and share skills, nominate possible/additional/alternate presentation resources and identify possible impediments to presentation of courses. Two proposed dates are Tuesday 20 July and Thursday 22 July – which day suits you better or both? Pls email to Glennis on publicity.u3ashoalhaven@gmail.com
- Talk about running Death Cafes: What happens at a death Cafe? At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes.
- We're chasing a grant to obtain large print e-books for our Book Club – would be great for some readers.
- We are starting a SPANISH beginner course in Term 3 and already have a volunteer Spanish speaker to assist with pronunciation/translation and would appreciate one or two more to help

out. Please let us know if you could do this - even part-time.

- The course on *Africa by request* had to be postponed from Term 2 – it will run in Term 3 (with registrations carried over of course, and any additional enrollees).
- Familiar with AV/computer presentations? We need people to assist here rather than leaving it to one member as happens now. Let Eric know pls.



Not a bad view of the Currarong cliffs.

PRESENTER PROFILE: Lloyd Pitcher

He starts by quoting this by JP Priestley in his 1953 book *The Go-Between*:

The past is a foreign country. They do things differently there.

Lloyd was educated at schools in Sydney. He attained a Bachelor of Arts from the University of New South Wales and a Bachelor of Education from the University of Sydney. He began a teaching career in English and History at Tempe and Leichhardt before transferring to Glen Innes. Here he met Robin and after they married, Lloyd took up an appointment as English and History Head Teacher at Coonamble High School.

At Bomaderry High School, Lloyd was appointed History Head Teacher and spent 23 years there. For 18 years at night, Lloyd taught Higher School Certificate English and Modern History to evening students at Nowra College of TAFE. After his retirement, Lloyd taught at Nowra Anglican College for six years. Lloyd was later a casual teacher in Cambridgeshire, Huntingdonshire, Norfolk and Suffolk, working in 25 different schools in the United Kingdom.

Since 2014, Lloyd has been a History Presenter at Shoalhaven Third Age of Learning, presenting topics on modern European History, Australian History, Australian Women's History and Shoalhaven History at Nowra, Berry, Culburra Beach, and Huskisson.

For relaxation, Lloyd is a dry stone waller, enjoys dog-walking on Jervis Bay Beaches, gardening and writing up family history.



AND NOW SOME OF OUR POLICIES, ADMINISTRATIVE THINGS YOU MIGHTN'T KNOW:

Cancellation of bookings: once you have enrolled in an activity and paid, we count you in as confirmed and may decide to run or not run a course depending on numbers enrolled. So if you later wish to CANCEL your enrolment, that can have significant effect on location, viable numbers, cost recovering etc.

Credits or refunds can only be approved under extenuating circumstances and when the cancellation occurs prior to the activity commencing.

Office Hours: Before Term 3 starts, our office will be open from 10am to 2.30pm on July 19, 20, 22 and 23.

Once term starts (26th July), we have volunteers in the office between 0930 – 1230 each Monday, Wednesday and Friday, if you need to enrol, update your details, or just ask a question.

Course Venues: our regular venues are Rooms 4 and 5 at 48 Berry Street Nowra, the CWA Rooms at 39 Berry Street (up the laneway), the Senior Citizens Centre (also up that laneway), the Community Centre at Culburra, the Uniting Church in Berry, the Maritime Museum in Huskisson and a few others (plus necessary venues for Ten Pin Bowling, Bowling, Golf, Croquet etc). We are always looking for other suitable venues that might work as we develop more activities – if you can suggest a likely place, please let us know. Anywhere in the Shoalhaven is possible!

Friend bring Friend? Maybe, to encourage you to bring your friends, tell them about U3A offerings, we

could run a **Member get Member** campaign – there are literally thousands of retirees in our region who would seriously benefit from the socialisation, friendships, information and other activities we share so happily. **What do you think would be a suitable/reasonable incentive/ reward when an enrolment is the direct result of your actions?**

SOME CURRENT FUN ACTIVITIES:

Learn to Sing is a huge success – imagine having the services of our special soprano Ona Frazier just for U3A! So popular we've had to use larger space (luckily COVID now allows this to work).

Singing for Seniors is on a roll – numbers grow each week – so if you're caring for someone living with dementia, or know a senior who just loves to sing – come along!

The health benefits – both physical and mental – of music are well known and are clearly visible with these 2 courses – not to mention fortnightly **Gilbert and Sullivan operettas** to hum and tap along to!

Each term a wonderful **Bush Walk** under the watchful eye of Graeme Cord – book early – you can take the easy option (2-3 KM) or a harder one (up to maybe 10 KM) on the day – great exercise and camaraderie. See the recent pics!