

Staying in Touch

27 March 2020

From the Committee

Dear Members of U3A SurfCoast family,

Since we contacted you around two weeks ago, our situation has certainly accelerated quickly leaving us all in unpredictable times. We trust that you have isolated as much as possible and have the support you need from family and friends.

The best site for up to date information is <https://www.dhhs.vic.gov.au/coronavirus>

Connectedness is one of the great values of U3A and we don't want to lose this treasure in these unprecedented times. We hope you have found ways to keep connected and we too are looking at ways that we as the committee may be able to assist too and will be sending out some information soon. This newsletter is a first step.

If you are keen to see 'Staying in Touch' become a regular newsletter, we encourage you to send in your own posts, photos, stories and ideas for the newsletter to info@u3asurfcoast.org.au or heartson1@iprimus.com.au. Please also get in touch if you need any assistance and we will do our best within the confines of our current situation.

In the meantime, on behalf of the committee, stay well and safe,

John Bartlett
President



Watch out for scams

Some of our members have received some 'dodgy' emails purporting to come from other U3A folk. Please take care and **don't open any links** that are included in these emails. We have been warned by the U3A Network office that the Australian Cyber Security Centre (ACSC) is aware of a fake COVID-19 text message circulating. The message purportedly came from 'GOV' and contains a link to find out when to 'get tested in your geographical area' for COVID-19. The link in the text message is **not legitimate**, and if clicked on, may install malicious software on your device, designed to steal your banking details. Do **not click the link**, delete it immediately and call your financial institution if you think you may have been affected.

New Rules of Engagement

by Helen Seymour (Monday Poetry Group)

They say we should keep social distance
No handshaking or kisses to share
For some this has met with resistance

Some Aussies would rather use license
Not cow tow to a sense of despair
They say we should keep social distance

The hoarding of goods is a hindrance
We are warned not to do things unfair
For some this has met with resistance

Our sportsmen and musos show patience
Museums and orchestras live share
They say we should keep social distance

Our future of people avoidance
And long lonely walks in plain air
For some this has met with resistance

While cancelling concerts shows prudence
And other events such as prayer
They say we should keep social distance
For some this has met with resistance



Examples of Lyn Piggott's jewellery

Awesome Artists

How privileged were we to be part of such an amazing U3A course held at Anglesea. Over the five weeks we heard five inspiring stories from local artists. We learned about their individual journeys into Art and also viewed their incredible range of work.

Graeme Wilkie took us through his journey that led him to be the inspiration and owner of the Qdos Gallery in Lorne.

Lyn Piggott wowed us all with her initiative and enthusiasm seen through her jewellery making, wood craft, paintings and drawings.

Lorraine Archibald described her start in the creation of beautiful jewellery and now, as her sight has declined, into her world of abstract painting.

Brian Alexander took us from his life on the farm where he was encouraged to pursue his art and music to his pottery gallery and his painting. His experiences in Bali were quite extraordinary.

Our final Presenter Barbara Hebb touched us all by sharing with us how her art has helped her deal with her loss and grief. Her display of textiles was creative and 'fun'.

A big thank you to all our presenters and to all our wonderful U3A members who embraced this course with such enthusiasm. We are hoping to do it all again next year.

Stay well and try your hand at something creative as we travel through this truly strange time!

Mary Taylor, Convenor

Keeping busy

The U3A Network office has sent out lots of tips to while away the time until classes resume. If you get tired of cleaning out the filing cabinet or weeding the garden, you might want to have some fun on your computer or tablet.

Here are some suggestions:

Online games Create a group to play Tetris, Scrabble, Word For Friends and similar games online.

MSO is streaming concerts for free: <https://www.mso.com.au/media-centre/broadcast/>

Learn to play the **Ukelele** online: <https://www.liveabout.com/online-ukulele-classes-1098113>

Bridge can be played on the web: <https://www.bridgebase.com/>

Exercise class - YouTube has many online classes as well as film clips and lots of interesting demonstrations.

Our own member Jenny Deneefe suggests taking an **online tour** of an art gallery or listening to an online lecture or podcast or enjoy some folk music. Some suggested websites are:

www.mymodernmet.com

www.vogue.fr

www.folkcloud.com

Don't forget about our own **regional library** – the doors might be closed, but you can browse the e-collection online and download e-books and audio books, look at films, learn a language or access lots of reference material.

www.grlc.vic.gov.au

Contact

We encourage you to send in your own posts, photos, stories and ideas for 'Staying in Touch'.

Keep an eye on U3A matters on our website www.u3asurfcoast.org.au

If you need us, call on 0435 374 139 (leave a message) or email info@u3asurfcoast.org.au