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A word from the President.

After 5 weeks or so in isolation due to the Coronavirus Pandemic, I trust that you are all travelling well without too much drama and stress in your life. It is hard to believe that Easter has come and gone and so has Anzac Day.

With regards to "Social Distancing" the Prime Minister has said that the restrictions could be in place until October this year. He keeps reminding us that the fight against the virus is a "Marathon not a Sprint".

I've always believed that "happiness comes from within" and that "happiness equals expectations minus reality". With this in mind, and being the eternal optimist, I reckon that we could be "back to normal" around the end of June. If it's earlier I'll be happy – if it's after June I'll be unhappy. What are your expectations?

Living by myself, I'm one of the "truly isolated ones". However as many of you are aware I enjoy a punt on the horses and I've been fortunate that this activity has not been banned. Actually I was able to get a bet on the races on Easter Friday in Kalgoorlie Western Australia. Betting every day on the races keeps my mind active with some degree of sanity. When I'm not following the horses I spend time researching my family history looking for that elusive Castle in Scotland belonging to my family which will one day make me a fortune.

I hope whatever coping methods you have in place are working for you and your family and we would love to hear from you if you would care to share your stories in this Newsletter.

Just because we are practicing social distancing it does not mean we can't remain connected.

Geoff Mackay
President
Hume U3A

Hume U3A Website and Covid 19

Peter has started another news type item on the website called Covid-19. It will contain a range of information.

Eg: You tube is streaming, free-of charge, one of Andrew Lloyd Webber's musicals for 48 hours every weekend, starting each Friday night.(UK time)
<https://humeu3a.org.au/2020-seniors-festival/>



*Good Luck with finding
the elusive castle Geoff.
We have one in
Scotland...Brodie Castle
AND we still had to pay
an admission fee.*

Check it out



Ed: Our President's message reminds us that isolation is different for everyone and can be just that much harder for those of us who are living alone. One of our members remarked to me "you have a partner and I only have a cat". I read this article recently and thought it was timely to share it with you all.



Thankyou Robyn for calling each of us from Huff n Puff and Chair aerobics for a catchup during this period. Lorraine rounded us all up from Walkaways to call a team member for her birthday and recent hospital visit while in isolation. It's a time for all of us to keep in touch.

Coping..... Or not with Isolation

I've seen a few pieces recently, both here and elsewhere, where people have shared their experience of isolating during the Coronavirus outbreak. All of them have enthused about a list of things accomplished during this time. As I struggle to get off the sofa and do anything at all, I feel totally inadequate in the face of these cheerful sagas of making cider vinegar, finishing major knitting projects and deep cleaning house and garden. But, there's a big difference between these "isolators" and me. Reading their upbeat accounts, I see that the pronoun is not I ...it's **we**. I'm sorry. If you live with someone else, you are not isolating. I can't begin to describe what it's like to really isolate. No-one else in the house. No visitors allowed. No lively little grandchildren. For many, not enough mobility to go out to exercise. (I at least have that). It's well known that social isolation and loneliness takes a huge toll on people's mental and physical health. There is a huge body of research pointing to the fact that the pain of not having regular social contact is as damaging to our physical health as heavy smoking, that it shortens life spans, and that it leads to depression. I feel like I have to make a choice between my mental health and my risk of catching coronavirus. I'm struggling with not going to the shops regularly. It's one of the ways I usually get to have the casual social contact that keeps my socialising endorphins up. And again, I'm anxious about deliveries. What if it doesn't arrive? What if it's the wrong stuff? I usually get tradesman in from time to time just to help with some of the two-person jobs around the house and garden. Not getting some of this stuff done is going to become very depressing. Likewise, with computer issues. My anxiety around the technology stops me from thinking straight. I can't have another person there to give me the support that would help control that anxiety. So I've been sitting on uploading the documents for a Centrelink form for weeks now. If there were two of us to do it, someone to discuss it with, it would seem less scary. I recognise that I'm lucky. I am doing Face Time with grandchildren, phone and texts with friends, Zoom with Pilates and book group. But I have never liked the digital world. It makes me nervous. And I crave real-person company. Again, studies on ageing, studies on loneliness, talk about how person to person contact is so much better – read healthier - than phone calls, social media and the like. I was asked to write about how I cope as a single person. Well, not very well. I'm walking each day (weather and arthritis permitting). Sometimes I walk with a neighbour, keeping the prescribed distance when we remember. I'm trying to see this crisis as an opportunity to learn to handle solitude. I'm trying to be kind to others, although I'm failing miserably as I am swamped regularly with fear and loneliness. I'm even trying to write a gratitude list each day. I'm reminding myself how fortunate I am compared to much of the rest of humanity. I'm trying to make sure I catch up with family and friends on the phone and by texts. Others of you who are having a rough time will recognise the phenomenon of becoming increasingly reluctant to do that as your mood worsens. I rang Beyond Blue and the counsellor was helpful, and I'm trying to push myself to do what she advised: set small goals every day; ten minutes in the garden; ten minutes on any cleaning jobs; maybe ten minutes on a creative project. A far cry from the completed projects that might be possible with the energy and enthusiasm that might come from having someone else around.

Ed:- *If you've never been visited by the black dog of depression you are fortunate, indeed. If you have met the black dog you will realize just how impossible it can be to even reach your socks, let alone pull them up*

Life in Lockdown



Naturally it started out with quilting...I was working on a cot cover for my first Great Granddaughter when classes had to stop, so here is the finished article a week later.

However after a while things digressed. Whilst doing housework one day, changing toilet roll (yep, blame it on the Quilton) I had a brain wave (well, a brain something) This is the result.

I sent this to a friend who said I looked a bit flushed on our last video call.

He sent his response



Next morning the Toilet Dog wanted to play ball.



But I thought I must be going baaamy....

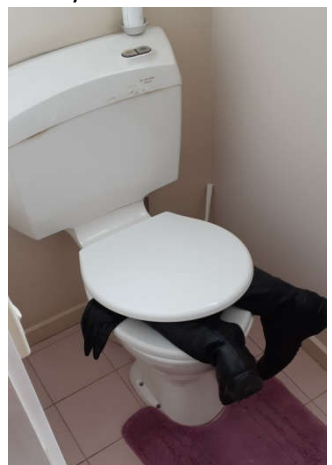
Contemplating potential outcomes was a worry.... Obviously as we are denied funerals, I decided to investigate alternatives: Rosemary, who provides

teas etc at a Funeral Parlour said:
"OMG Does that mean I am really out of a job? It's all gone down the toilet?"
And Jill was worried about how to fit 8 people in my loo space.
Plus that the red lipstick would stain, so I would be returning to U3A with a red derriere....
(But I'm a Quilter - that is fabric).
And of course it was all started by a Caroma virus..
And done to the tune of
"M M M M My Caroma"

It is amazing how much time one can fill with a bit of frivolity and a Smartphone!
All the best, see you On The Other Side,

Stay well, Elbow bumps,

Su Butterfield



Hello and yes a very trying time but I am keeping busy by: sorting out photos getting ready to scrap book (when the mood suits!!), walking the dog and she demands it but best of all; thankful that I purchased Ira Vale's two chair aerobics DVD's which I "perform" regularly. A must for keeping fit and the aches and pains away..thank you Ira.(Tutor for Huff and Puff and Chair Aerobics). Keep well

Dawn Daws



I am glad we can at least sit and look at a bit of media and also the lovely newsletter sent during the Lockdown, messages from you all and am happy to have a bit of a say in what I am doing.

There is one good thing I am keeping up with by not going out and that is housekeeping and computer messages sent to my friends who have email. I also loved the Message that Robyn and Barry sent on Email JIB JAB with Ira and John Dancing in Bunny costumes really made my day laughed my head off. And also the Song what to do to keep active done to the song "Just Help Yourself". I have been walking on our walking machine which we are fortunate to have so not saying I am a 100 percent fit but has helped a bit.

But getting back out to Huff and Puff and Chair Aerobics is the thing that I am looking forward to most. Well, as usual the Chatterbox has said enough but thanks for all the encouragement from you all.

Love Annette

Hi All at U3A Hume,

During these times of isolation, I've been trying lots of recipes. Some I like, and some not.

These three recipes are really yummy. If you can, do try these. They are all available at this website: delish.com. Find the search icon in the menu on the website, and search using the underlined dish names below.

Tuscan Butter Salmon, a tasty way to garnish grilled salmon with cherry tomatoes and spinach

Garlic butter meatballs, chicken meatballs with shredded zucchini 'spaghetti'

Lemon butter cookies. I reduced the sugar to half a cup.



Evelyn Lazarus

I've been thinking about drawing up a list of Words and Phrases that I'd not heard of a month ago before the VIRUS hit.

GLOSSARY OF WORDS/SAYINGS

CORONAVIRUS	MENTAL WELL-BEING	QUARANTINED
EPIDEMIC	FLATTENING THE CURVE	SOCIAL DISTANCING
PANDEMIC	SOCIAL COHESION	CORONACLUSTER
COVID 19	ANASTASIA PALASZCZUK	GLADYS BEREJIKLIAN
ZOOM	RUBY PRINCESS	HOUSEPARTY
	VIDEO CONFERENCING	REMOTE LEARNING

CHALLENGING TIMES
WE'RE ALL IN THIS TOGETHER
MARATHON NOT A SPRINT
WHO WORLD HEALTH ORGANISATION
WHEN WE GET BACK TO NORMAL
NOT A TIME TO BE COMPLACENT
PRESSURE COOKER IN THE HOME
IMPOSED ISOLATION
SELF ISOLATION
COMMUNITY TRANSMISSION
STAY CONNECTED
PHYSICAL DISTANCING
JOBSEEKER ALLOWANCE
LOCKDOWN MEASURES
DISEASE DETECTIVE

Can anyone add to the list?

Geoff Mackay

Reminder:

In our last edition we included details about a newsletter that Dawn Zuccato had written regarding the history around Washington Street. Due to our current lockdown arrangements the booklet is not able to be sold /distributed from the office or via tutors.

If members are interested please contact Dawn directly on 9357 8873 or email : dawnz23@optusnet.com.au

Thankyou

Editor:

The only one I can add is: ISO

.

Joke of the week

BREAKING NEWS

Wearing a mask inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.

Kinda feeling like the Earth just sent us all to our rooms to think about what we've done.

**You thought
DOGS
were hard to
train...**

**Look at the
HUMANS
that can't
SIT & STAY!**

The BIG question is:

Are you ready to send a photo in for our next newsletter?

No excuses you can :

Email:
jjbrodie5@bigpond.com
OR Text with name and
photo to 0417 338 527
OR Drop it in to: 5 Teala
Crt Gladstone Park



Coronavirus: Dressing up for bin night 'brings a smile' in Australia

Australians have started dressing up to take their bins out, bringing some light relief to the stresses of lockdown.

The trend is going viral - and those involved say it's much-needed fun.

Our very first member to Dressup For Bin night and provide a photo was Margaret Skellett.

She's our Calamity Jane, although her little neighbour asked if she was a farm girl. The younger generations don't know the joy of Cowboys and Indians.



In for a penny in for a pound and today it was my turn to dressup. My Deb dress hadn't seen the light of day for many years. I made my debut in 1964. Ouch!

Before you ask, No, the zip didn't do up!!!!

To round out the trio Dawn Daws walked her bin to the kerb dressed in an outfit that was 50 years old.

Amazing what we find when we go hunting through those boxes hidden away at home!



Limerick Structure.

Just in case anyone has forgotten how a limerick works.....

Lines 1,2, and 5 rhyme and lines 3 and 4 rhyme.

Your finished article can be :

Emailed to:

jjbrodie5@bigpond.com

OR Texted to 0417 338

527 with your name and limerick

OR Dropped in to: 5

Teala Crt Gladstone

Park

Limerick Competition

Here's just the opportunity you have been waiting for since our self isolation started. Get your creative juices flowing.....

Write a limerick about something related to the Corona Virus (Covid19).

Competition closes on **May 11th**

Winning entry in the next newsletter

Here's my effort:

We have a new bug called Corona
It travelled the globe to Verona
A nasty little virus
Sent to test and to try us
Now I isolate all on my own

Geoff's Limerick:

Covid19 is the new bug from Wuhan
That I disinfect as much I can
I wear a mask every day
To keep the little bugger away
Without toilet paper I'm not sure I can

Exercise Pre Covid-19



The White Lady

Originally installed in 1909 The White Lady was an icon of the Riverview Tea Gardens. Following her disappearance almost 20 years ago, her whereabouts unknown, The White Lady standing here today is a replica and has been produced from turn of the century photographs taken by the original Riverview Tea Gardens owners, the Hicks family.

Walkaways group enjoying the beauty of the Maribyrnong River at the Tea Gardens.



Exercising while enduring the Corona Virus

For those of us missing our Exercise classes of any variety, here are a few ideas:

- For those who at some point purchased Ira's Huff N Puff DVD's it's time to dust them off and get moving. Thanks Dawn for the hint.
- Robyn and Barry found a Youtube workout, just Google [Great 20 minutes exercise workout for Beginners and Seniors](#). It works a treat and many movements are the same as those we already know.
- Also on Youtube there are great Aussie 10-15 minute workouts produced by [morelifehealth.com](#) John and I have tried a few. It just feels good !
- Of course walking is also a can do activity



Congratulations to Chris and John Campani as you celebrate your 50th wedding anniversary. Love and best wishes from your friends at U3A.

Online broadcasting of 2020 Victorian Seniors Festival reimagined, April to October 2020 .

Editor:

As we go to press we are still waiting for the actual link to access programs for the 2020 Victorian Seniors Festival

You guessed it Corona V has sent the Seniors Festival on line this year.

From April 28 through to the end of October, the Festival will turn its major event resources to the production and weekly broadcasting of recordings made at home by Festival performers and presenters

The link for more information is: <https://humeu3a.org.au/2020-seniors-festival/>

Week starting	Theme	Performer / presenter	Art form / content
Mon 27 April	Welcome	1. Kutcha Edwards	Music
		2. Gram-O-Phonie Brothers	Music
		3. Tania Kernaghan	Music
Mon 4 May	Love	1. Jane Clifton & Paul Williamson	Music
		2. Jaya Karan - Studio J Dance	Bollywood Dance
		3. The Hopefuls	Puppetry
Mon 11 May	Pride and Hope	1. Robyn Archer	Cabaret Music
		2. The Retro Girls	Song and dance
		3. Catalina Gonzalez	Zumba
Mon 18 May	Renegades and Game changers	1. Lonnie Lee	Rockabilly
		2. Normie Rowe	Music
		3. Deborah Cheetham	Opera
Mon 25 May	Nourishment	1. Talgium Edwards	Storyteller
		2. Wendy Stapleton	Community Choir
		3. Monica Dullard	Comedian
Mon 1 June	Everyday Heroes	1. Richard Mays	Community dance
		2. Narweet Caroline Briggs & Yorta Yorta dancers	Story and dance
		3. James Blundell	Music
Mon 8 June	More than human	1. Sue Broadway and Deb Batton	Circus
		2. Lemony S Puppet Theatre	Puppetry
		3. Orkestra Glasso	Community Music
Mon 15 June	Land, Sky, Heart	1. Bart Willoughby	Music
		2. Uncle Jack Charles	Storyteller
		3. Liz Jones	Actor
Mon 22 June	Peace and Place	1. Maureen Andrew	Cabaret – Shirley Bassey
		2. Rebecca Barnard	Jazz
		3. Broderick Smith	Music

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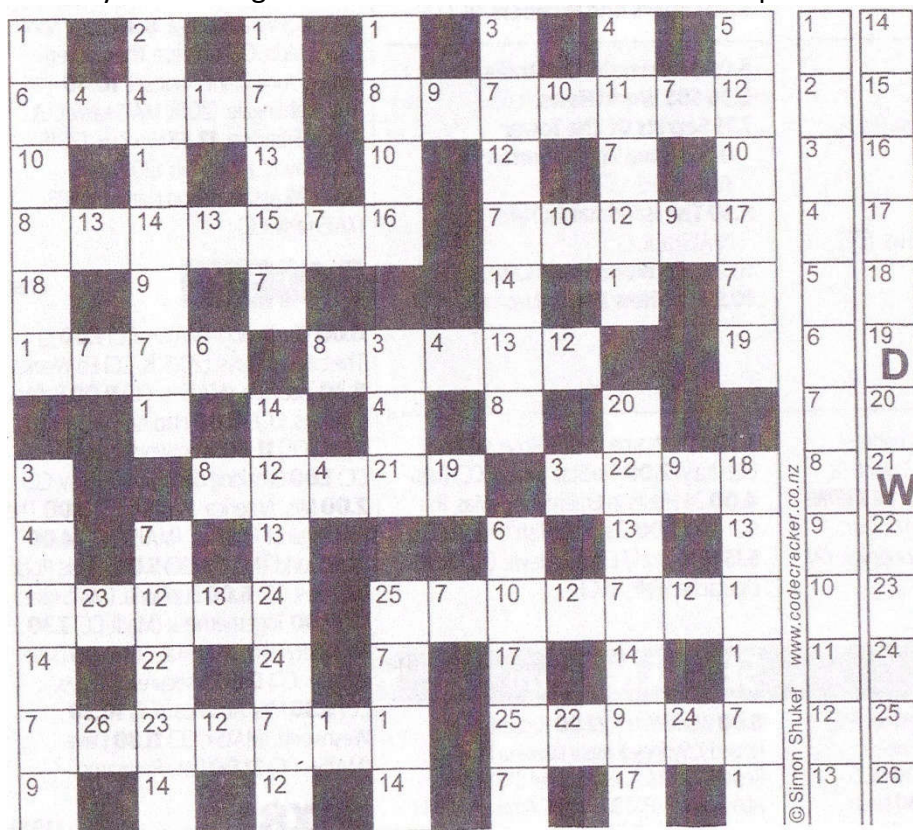


Hoping each day you are feeling better and brighter.

PUZZLE PAGES

Code Cracker: Each letter of the alphabet is represented by a number. You have been given 2 to begin with.

The only clue I can give is: **E** is the most used letter in the puzzle



Apologies to those without a printer or hard copy.



We need YOU to send us:

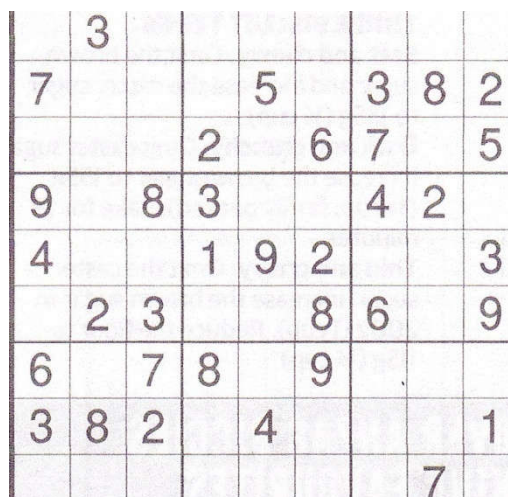
photos, recipes , stories anything to include in next issue
Who knows when we will see the hallowed floors of the community centre or other venues again

You know the drill

Email to
jjbrodie5@bigpond.com
Text to 0417 338 527
Drop in to: 5 Teala Crt
Gladstone Park

Sudoku

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.



Brian Teaser

Eg: 9= P in SS

Answer: 9 Planets in the Solar System (not anymore)

24= H in a Day

30= D have S,A,J and N

57=HV

7= W of the W

365 = D in a Y

5= T on a F

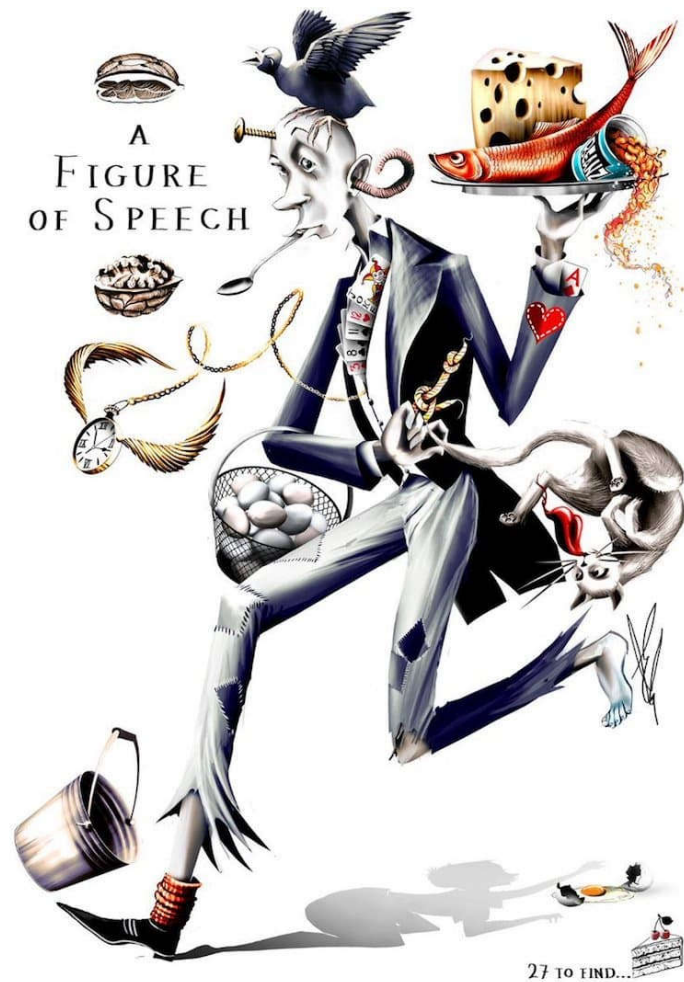
9= L of a C

13= UFS

8= S on SS

Oz Trivia.

- (1). Australia has the world's largest sand island. What's its name?
- (2). In what city did the Commonwealth Parliament first sit?
- (3). Who is the only person to be named Australian AND Young Australian of the Year?
- (4). Who was the first Australian to win the BOOKER PRIZE?
- (5). Who designed the Sydney Opera House?
- (6). How many ships were in the FIRST FLEET?
- (7). In which year was Decimal currency introduced?
- (8). Which actor had leading roles in—PHAR LAP, MAN FROM SNOWY RIVER and EUREKA STOCKADE?
- (9). In what state/territory is The Brisbane Ranges National Park?
- (10) The TAMAR RIVER flows to which Tasmanian city/town?



There are 27 figures of speech to find in this picture. Answers in next issue.
Here's two to give you a start:

- Red Herring
- Cast a different shadow

Entertainment:

I'm sure we would all love to hear what you have been watching or reading while on lockdown so we can steal some good ideas to keep us all going.

I have watched the lions on **Tarongatv**. All the zoos have websites. Animals are amazing to watch.

I have taken a virtual tour of **The Vatican** and found more world wide virtual tours at: <https://www.techradar.com/au/best/virtual-tours-museums-national-parks-around-the-world>

Have a look at <https://www.onlymelbourne.com.au/melbourne-museum-virtual-tours>

I did a catchup with **Stateless** on Iview and watched **Unorthodox** on Netflix

Happy Birthday



Wishing our best wishes to any of our U3A family members celebrating a birthday this month.

Congratulations!!!!

PUZZLE ANSWERS

Code Cracker

1 S	2 J	3 H	4 O	5 F	6 M	7 E	8 C	9 L	10 A
11 V	12 R	13 I	14 T	15 Z	16 N	17 Y	18 K	19 D	20 Q
21 W	22 U	23 P	24 G	25 B	26 X				

Sudoku answers

2	3	5	7	8	4	1	9	6
7	6	4	9	5	1	3	8	2
8	9	1	2	3	6	7	4	5
9	1	8	3	6	5	4	2	7
4	7	6	1	9	2	8	5	3
5	2	3	4	7	8	6	1	9
6	5	7	8	1	9	2	3	4
3	8	2	5	4	7	9	6	1
1	4	9	6	2	3	5	7	8

Aussie Trivia

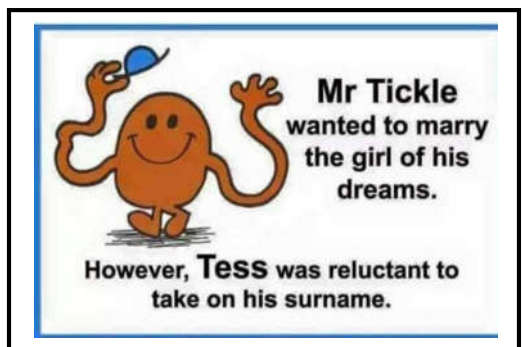
- (1) FRASER ISLAND
- (2) MELBOURNE.
- (3). CATHY FREEMAN
- (4). THOMAS KENEALLY.
- (5) JOERN UTZON

- (6). 11
- (7) 1966
- (8). TOM BURLINSON
- (9). VICTORIA
- (10). LAUNCESTON

Brain Teaser

24 Hours in a Day
30 Days has September,
April, June and
November
57 Heinz Varieties
7 Wonders of the World
365 Days in a Year
5 is toes on a Foot
9 Lives of a cat
13 Unlucky For Some
8 Sides to a Stop Sign

Next edition:
Mid May 2020



Thankyou to Peter Lazarus for printing the newsletter and Marilyn Rohweder for stuffing the envelopes.