

C/o Gladstone Park Community Centre
13 South Circular Road,
Gladstone Park 3043
Postal Address:
PO Box 2057
Gladstone Park 3043



Website:
www.humeu3a.org.au

Email:
secretary@humeu3a.org.au
ARN: A0032685W
Tel: (03) 9330 3239

A word from the President.

Dear members

Once again, I'm pleased to be able to add a few words to our Newsletter, which plays such an important part in communicating to all Hume U3A members. It also helps keep us connected especially during these difficult times of shutdowns and other restrictions.

With the restrictive Stage 4 provisions of the second lockdown re COVID -19 in place until mid- September, you've probably come to the same conclusion as I have, and that is that it is highly unlikely we will be in a position to conduct any physical indoor classes for the remainder of this year. More information on when classes will be resumed will be published as soon as we know more about future Government restrictions etc.

There is some good news, however, and that is that we have been able to conduct some classes via Zoom (i.e. the online video conferencing platform). Most of the credit for the use of Zoom to run classes and other meetings goes to Peter Lazarus. Su Butterfield has also been involved with the Patchwork classes via Zoom. On behalf of all members I would like to thank Peter and Su for all their efforts. Peter is also planning a Get Together Meeting (Morning Tea Chat) for all members on **Monday August 31st at 10.30 am**. I strongly recommend that everyone get involved as this Zoom meeting should be a lot of **FUN**. For those of us who may have put on extra weight around the waist, Peter has guaranteed that we will only be filmed from the shoulders upwards.

With regards to our postponed Annual General Meeting to **October**, this may also have to be conducted via Zoom – however further details will be provided as and when they become available.

Until we catch-up again please stay safe.

Geoff Mackay
President
Hume U3A

Guess who? No clues this time



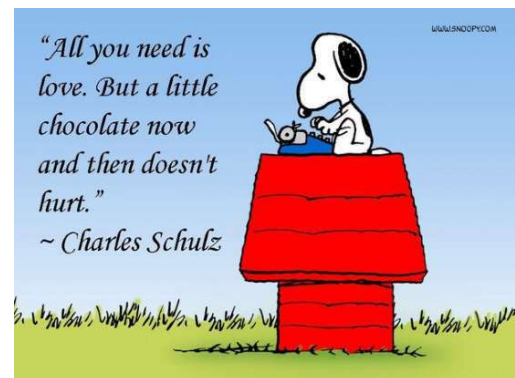
ALL THE PHILOSOPHY YOU WILL EVER NEED!



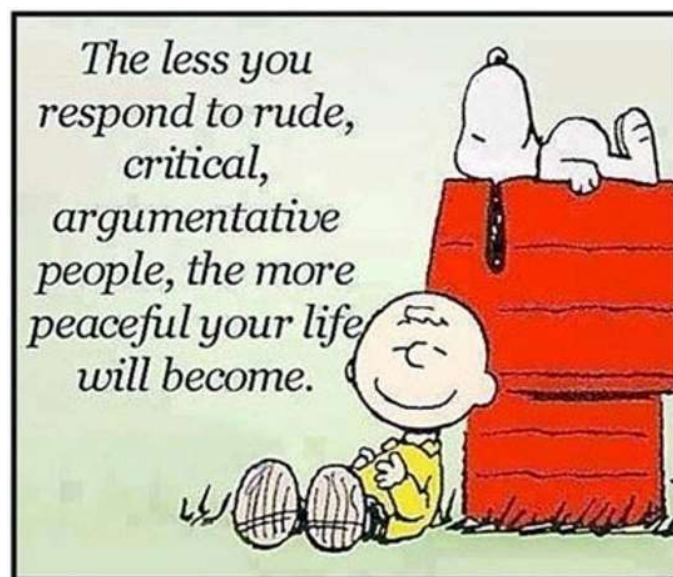
You might like to recall...

October 3, 1950 "Peanuts" first debuted in seven newspapers under the United Features Syndicate.

Developed by Charles M. Schulz, who was raised Lutheran in Minneapolis and Saint Paul, Minnesota, "Peanuts" ran for nearly 50 years and was published in 2,600 newspapers, 75 countries and 21 languages.



*Thanks to Dina Lewis
for Peanut's
Philosophies.*



Astronomy notes:



Thanks to Peter Lazarus for alerting us to the wonders of our night sky. He told us that the Moon together with Jupiter and Saturn would be visible in the night sky in August. On August 1st, with a clear sky, the planets were aligned. It was a magical sight, one that would have been even more spectacular with a telescope.

The two planets were very bright and in line with the moon. A few nights later a Moon Ring was visible around the Moon however I missed that one.

Editor note:

Not a bad photo from a phone .



Congratulations Alma Hearty as you celebrate your milestone birthday.

**Celebrate the best you can while in lockdown.
Best wishes on your special day from all at
Hume U3A.**

**What do you call the wife of a Hippie?
Mississippi**





Guess who?

She does the tartan proud. That should be a clue. Who else would celebrate Christmas in July?

Wish I had thought of that.

Thankyou

U3A Newsletter

*To all who give their time and effort. A big thankyou to all. When it arrives in my letterbox I just smile, go into the kitchen, make a cuppa and sit down and enjoy. Something in there for everyone. It feels like a wee catchup with all my classmates in Huff and puff, Yoga and Family History and all the other members who have come into my life. So, keep up the good work. Will see you all soon. Three cheers for the newsletter
Hip Hip Hooray*

Love Margaret Skellett

Covid jokes of the week

- So, in retrospect, in 2015, not a single person got the answer right to "where do you see yourself in 5 years from now?"
- My husband purchased a world map, gave me a dart and said "throw this and wherever it lands I'm taking you for a holiday when this pandemic is over". It turns out that we're spending two weeks behind the fridge.

Editor:

I love it. Feeds my sweet tooth with none of the carbs.

Who's for dessert?

Lava Cake



- 2 tbsp cocoa powder (I use cacao)
- 1-2 tbsp sweetener (I use Equal or any other pretend sugar)
- 1 medium egg
- 1 tbsp heavy cream
- 1/2 tsp vanilla
- 1/4 tsp baking powder
- Pinch salt

Instructions

Combine your sweetener and cocoa powder and whisk to remove any lumps. This'll make the consistency of your cake much smoother.

In a different bowl, beat your egg until a little fluffy. Since your lava cake is flourless, you need the aeration of the beaten egg to help coax the cake to rise.

Then add your egg, heavy cream and vanilla extract to the sweetener and cocoa mixture. Add your salt and baking powder as well.

Spray a little cooking oil into the mug, pour your batter in.

Microwave your mug cake for about a minute. All microwaves are different, so once the minute is up, check up on your cake and if it's still not solid but jiggly on top, put it back in for 10 second intervals until done.



Happy Birthday to you, Happy Birthday to you

Happy Birthday Dora Hansper

Happy Birthday to you

Congratulations .

Celebrate as best you can while in lockdown.
Best wishes from all at Hume U3A

My wife apologised for the first time yesterday. She's sorry she ever married me.



Guess who?

I accosted her at Spotlight to get a picture for the newsletter.

She's a good sport

Healing powers of the Sun

Each day, Apollo's fiery chariot makes its way across the sky, bringing life-giving light to the planet. For the ancient Greeks and Romans, Apollo was the god of medicine and healing as well as of sun and light—but Apollo could bring sickness as well as cure. Today's scientists have come to a similarly dichotomous recognition that exposure to the ultraviolet radiation (UVR) in sunlight has both beneficial and deleterious effects on human health.

Whatever their findings you feel much happier when the sun is out. When spring hits and the days get longer the general vibe of everyday life is just **better**.

When the Sun shone this morning for a short while it just felt soooooooo good.

QUARANTINE QUILT 2020



It describes our life during the first Lockdown for the Corona Virus Pandemic.

All the hearts, being good and maintaining separation (the white strips)

Staying inside the boundary of our suburb (the red stop sash)

While beyond that lurked the Corona virus C-19 (the grey border)

The red binding is for the vaccine we hope will soon contain it and protect us.

**Beautiful quilt and loved the reasoning behind the design.
Editor**

The hearts began as a combined project just before the boom was lowered...we had no idea what was about to happen....it segued into this quilt.

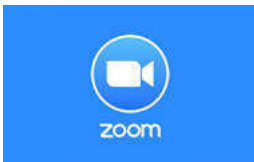
The hearts were made by Gill Rapson, Julie McPherson, Margaret Maeder, Peggy Collister, Rekha Ambercar, Rosemary Thompson, Sandra Dyer, Su Butterfield and Val Homan.

The project was then designed and completed by Su Butterfield in April 2020.



Guess who?

Our guardian angel who checks up on the well being of those who attend Huff N Puff and Chair Aerobics.



The oldest computer was owned by Adam and Eve. It was an Apple with very limited memory. Just 1 byte and everything crashed.

Apparently you can't use Beef Stew as a password on your iPad.
It's not Stroganoff

Zoom Sessions So Far

Wednesday 5 August – Astronomy

Ten people attended the Astronomy class. Ten people were the largest number of attendees so far.

Thursday 6 August - Patchwork

There were five people who joined tutor Su Butterfield to display what they had been working on at home during the shutdown. The meeting went very well. There was lots of discussion and many hints and tips were shared. Everyone was happy. The interaction between people was great. It shows we need that social content to keep us happy and moving forward.

The next Zoom class will be on **Thursday August 20 at 10 am** and the class will decide when they next meet.

Friday 7 August – iPad introduction.

Six people joined the iPad session. It was pleasing to see the attendees join the meeting with no hassles. Sometimes those attending a Zoom meeting for the first time have some difficulty with some functions such as the audio or video settings, or problems accessing the correct meeting.

Sounds like a pretty solid first run at Zoom classes.



We found that it was somewhat challenging to try and share the iPad screen to others, as the terminology used (recording and broadcasting) sounds not quite right. And as for the tutor, well, he cannot wander around the classroom to see where each student is having a spot of bother. The Zoom classroom requires more patience than a normal classroom.

However, we have some topics to explore, so we will continue for some weeks on Fridays. As Wendy (or was it Bev) said "it's not like we have something else to do".

Note: The iPad class is proceeding on Friday mornings online using Zoom. You can still join in. Send an email to course@humeu3a.org.au to get yourself enrolled.

Zoom Session Takeaways

There were a few things to learn on being better prepared for a Zoom session.

- If your phone rings and you must take the call, mute the microphone on the Zoom session. When you talk or cough or make noises, then your picture takes over the session and is the one that all attendees see in detail.
- When displaying your handicrafts to your camera, you have to keep talking in order to keep your picture displaying.

Zoom Morning Tea

Other U3As have regular monthly morning tea and chat in their clubrooms, and they are continuing online. So why not U3A Hume as well?

U3A Hume will trial another Zoom 'class'. Our **Monthly Morning Tea Chat** lets us meet online. U3A Hume will provide the Zoom meeting room; you provide your own tea and cake! The first one will be on **August 31st 2020 at 10:30am** Melbourne.

Dates for 2020: September 28th at 10:30am
October 26th at 10:30am

November 30th at 10:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/89307091854?pwd=MzlvMW1ZMDQ5aDJyVndsRFNjb3lYQT09>

Meeting ID: 893 0709 1854

Passcode: teacake

Editor:

I posed some questions to Peter in relation to Zoom

1 *How do I get started?*

There are instructions on installing Zoom at the humeu3a.org.au website under the covid19 menu item. Look for "How to use Zoom for Virtual Classes" item.

2 *If interested, do people just log on at 10.30 on the day? Or do they have to let you know?*

For the morning tea, people can just rock up and join in. There's no need to let the meeting convenor know. If you join later than 10:30 you are still welcome. When

FYI

Peter Lazarus explained to me that: Channel 31 got a 12 month extension since the Federal Government was going to close them down. If Channel 31 doesn't appear on your TV you may need to do a re-tune.

Please let us know if you have watched anything good Recently
jjbrodie5@bigpond.com

you join the meeting, you will be in a waiting room until the convenor sees you waiting and admits you. There's no limit on how many join up. Chatting online is somewhat different to chatting in a large classroom. We will have to see how it goes.

3 *Is there a comfortable number of people to visit for morning tea? If so should people register their interest with you?*

Peter has been in meetings with 70+ people. There's an upper limit of 100 people for our licence. The zoom session is like a conference call. There's a good chance people will talk over each other. This is different to a room where there can be many little (annoying) conversations going on between two people while the main person talks. On a zoom call everyone shuts up (mostly) until the convenor asks them to speak or comment.

Move It or Lose It

Thanks to Norma Dugard and Ann Andrews who have recommended a gentle exercise program for members.

A different gentle exercise is featured each weekday. Put this show in your daily routine to take a step towards a healthier life.

The program can be watched on **Channel 31**.

8.30am - 9:00am Monday to Friday
8:00am Saturday and 8:00am Sunday

Entertainment What's that?

Let's face it we haven't had access to real entertainment for ages and ages so here are some ideas you may like to check out.

Entertainment is such a personal choice but maybe there is something in this lot that might work for you.

For your watching and listening pleasure access a range of digital programs from the Opera House <https://www.sydneyoperahouse.com/digital.html>

I have watched and enjoyed:

- **Between Two Worlds** on Channel 7 . A series into its 5th week but can be binged on 7Plus.

A go to favourite is SBS On Demand and I have watched:

- **Croker Island Exodus** Documentary- story of a missionary and Aboriginal children and their journey during the time of the Japanese bombing of Darwin.
- **Spotlight** – The film follows The Boston Globe's "Spotlight" team, and its investigation into cases of widespread and systemic child sex abuse in the Boston area by numerous Roman Catholic priests.
- **Mirage** – Drama/spy series set in the middle East
- **Arbitrage** – Drama starring Richard Gere and Susan Sarandon.
- **Why Women Kill** – Drama. Interesting series

For some light relief from Covid 19. Watch and listen to an adapted version of *Islands in the Stream* and sing along.

https://www.youtube.com/watch?v=ZQeOvM_4Pgg



A young couple about to be married were both looking at a house in the country. After satisfying themselves that it was a suitable one they made their way home. During the journey the young lady was very thoughtful, and when asked the reason, replied "Did you notice a W.C.?" (Lavatory)

Edward not having noticed any immediately wrote to the landlord inquiring where it was located. The landlord did not know what W.C. meant, and after thinking the matter over for some time came to the conclusion that it meant Wesleyan Church, so answered as follows:-

Dear sir,

I regret very much the delay in the matter, but have great pleasure in informing you that the W.C. is situated 9 miles from the house and is capable of seating 250 people. This is an unfortunate situation for you if you are in the habit of going regularly, but no doubt you will be glad to know that a great number of the people take their lunch with them and make a day of it, while others who cannot spare the time go by car and arrive just in time, but are generally in too great a hurry to wait.

It may be of great interest to you to know that my daughter was married in our W.C. It was there that she first met her husband. I remember the wedding quite well on account of the rush for seats and only six had chairs. There were ten people on the one I generally occupy in various postures, standing, sitting and kneeling, and it was wonderful to watch the expressions on their faces. My father was there too. He had been regular since the day he was christened in its waters. Four wealthy residents of the district erected the bell in our W.C. last month to be rung every time a member entered. The people living near have had no sleep since. A bazaar is to be held next week, the proceeds of which will help furnish plush seats, as members feel it a long felt want. My wife and I are getting too old now. It is six years ago since we went and had to stand all the time. It pains us very much to be unable to go more often.

Yours faithfully:

ABRAHAM JONES. (Hon. Sec. W.C.)



Thanks Win for your contribution.



Guess who?

I was in last month's newsletter wearing a mask too.

Victorian Life In Lockdown 2020

Putting some laughs
into lockdown

Just thought I would share some of my 2020 Holiday photos.



WARNING!!!

Do NOT let supermarket staff scan your forehead to take your temperature. It erases your memory.

I went in for bread and milk and came out with gin, wine and chocolate instead!!



140 days in lockdown. I'M FINE. Thanks for asking.

Giving up drinking for 6 weeks.

Sorry, bad punctuation.

Giving up. Drinking for 6 weeks.

English Life in the 1500s

England is old and small, and they started to run out of places to bury people. They would dig up coffins and re-use the graves. On opening these coffins, about 1 in 25 were found to have scratch marks on the inside and it was realised that they had been burying people alive, so they tied a string on the “deceased’s” wrist and led it through the coffin, up through the ground and tied to a bell. Someone would have to sit out in the graveyard all night and listen for the bell. Hence the “graveyard shift”, and they would know that someone was “saved by the bell”, or that he was a “dead ringer”.

Lead cups were used to drink ale or whiskey. The combination would knock people out for several days. When found lying on the side of the road they would be taken for dead and prepared for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait to see if they would wake up. Hence the family custom of holding a “wake”.

Baths were just a big tub filled with hot water. The man of the house had the privilege of the nice, clean water, then all the sons and other men, the women and finally the children. By then the water was so dirty you could actually lose someone in it. Hence the sayings “don’t throw the baby out with the bath water”.

Most people got married in June because they took their yearly bath in May and still smelt fairly good in June. However, as they were starting to smell a little, brides carried a bouquet of flowers to hide the odour.

Bread was divided according to status. Hired hands got the burnt bottom of the loaf, the family got the middle and guests got the top, or “upper crust”.

Houses had thatched roofs made of thick straw, piled high with no wood underneath. It was the only place for animals to get warm, so all pets - cats, dogs and other small animals, like mice, rats, and bugs lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying “It’s raining cats and dogs”.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess a clean bed. They found that if they made beds with big corner posts and hung a sheet over the top, it addressed the problem. Hence those big four poster beds with canopies.

Beds consisted of a frame made with ropes strung from side to side on which a “straw mattress” was supported. The ropes were twisted with a wooden key to tighten them to better support the big mattress. Hence the term “Sleep tight”. The straw would become infested with insects including bed bugs and some would bite. Thus was added, “and don’t let the bed bugs bite.”

Floors were dirt. Only the wealthy had something other than dirt, hence the saying “dirt poor”. The wealthy had slate floors which would get slippery in the winter when wet. They gathered and spread thresh on the floor to help keep their footing. As winter wore on, they kept adding more thresh until, when they opened the door, it would all start slipping outside. A piece of wood was placed across the doorway to keep the thresh inside. Hence the term “threshold”.

A trencher - a piece of wood scooped in the middle like a bowl - was used to serve food. These were never washed and often worms got into the wood. After eating off wormy trenches, they would get “trench mouth.”



Thanks Harry for your contribution.

Editor

It's a no brainer, I would have to choose 2020 over the 1500's, even in lockdown!!!!

Your council, your vote

Local council elections 2020



A general election will be held for your local council this October. The election will be held by post, which is a safe and completely secret way to vote. Local councils make decisions about community facilities and services that affect all residents, property owners, and the local business community, so make sure you're enrolled and ready to have your say.

Enrol or check your enrolment

You must be correctly enrolled by the close of roll, which is **4 pm on Friday 28 August**. Remember to check both your postal and residential addresses are correct. If you've recently turned 18 or moved, and haven't updated your address, or if you've just closed your post office box with Australia Post, you can enrol online at vec.vic.gov.au/enrolment.

If you pay rates on a property in a different council area, even if you're not an Australian citizen, you can apply to enrol and vote in that council's election by contacting the council. Non-resident owners who were enrolled at the most recent election (including any by-elections) for the council will be automatically enrolled. Applications to enrol close at **4 pm on Friday 28 August**.

Baz's Brainers

General Knowledge

- (1) What is Bambi's best friend's name?
- (2) In which country is Macbeth set?
- (3) Who wrote the classic novel "The Catcher in the Rye"?
- (4) What date is said to be a horse's birthday in the Southern Hemisphere?
- (5) Which planet shares its name with the Roman God of the sea?
- (6) Which Olympic gymnast was the first to score a perfect 10?
- (7) Who wrote the novel "A Town like Alice"?
- (8) Which word describes the number of members required to be present to legally conduct business?
- (9) Who sang with Neil Diamond on the hit song "You Don't Bring Me Flowers Any More?"
- (10) Emma Bunton was which Spice Girl?

For next edition we want to see your masks. We all have one or two to wear as an essential fashion accessory these days.
Be brave.....
Email to jjbrodie5@bigpond.com
Or text 0417 338 527 with a photo.
Let's see how many we can fill our pages with in September.
Remember to include your full name



A woman's name is in the lyric of these songs

- (1) ****L**, you're breaking my heart.
- (2) Once in love with ***.
- (3) *****O** ***** picks up the rice in the church where a wedding has been.
- (4) Who can cling to a rambling ****
- (5) **N** with the laughing face
- (6) I've got ***** on my mind
- (7) You picked a fine time to leave me *****E
- (8) When you gonna give me some time *****
- (9) And I cannot compete with you, **L***
- (10) When I marry sweet ***R****



Guess who?

We're ready Mr Music.



September Spring Carnival Edition 2020

According to TripZilla: The birds are chirpin', the flowers are a-bloomin', the land of Melbourne is filled with much fun and joy as this bountiful season beckons!

Let our newsletter be filled with joy of sharing your Spring stories and photos. Do you have a racing story? Have you been to the races, city or country? How beautiful is your garden or the one down the road at present? Take a photo and send it to jjbrodie5@bigpond.com Send a photo of your fascinator or trilby as you prepare for the races. Maybe you don't like Spring at all, then tell us.

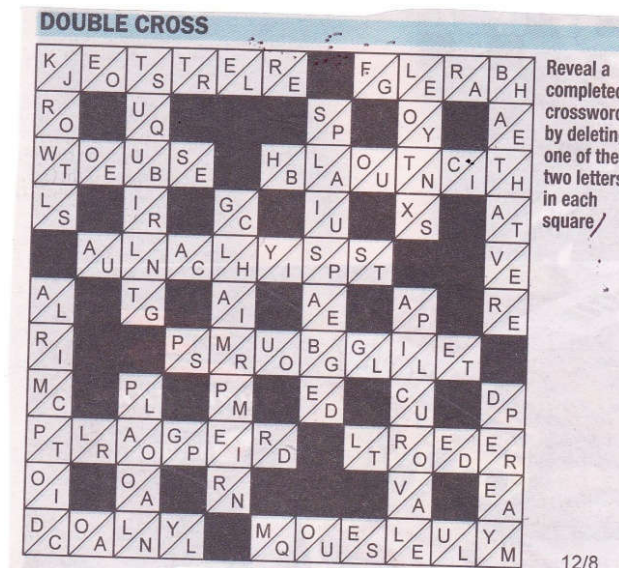
Puzzles

9-er Each number from 1-9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all 9 letters.

1	2	3	4	5	6	7	8	9

The clues

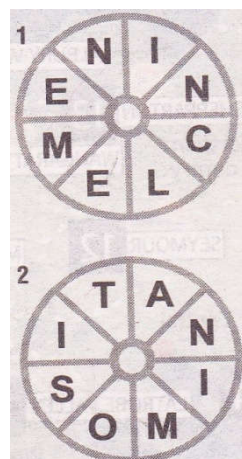
- | | |
|--------|------------------------|
| 4218 | gives a precious metal |
| 53426 | gives a block of metal |
| 374496 | gives a lump of metal |



Word Wheels

Work out where the missing letter goes.

You will make 2 x 9 letter words



Word Ladder

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time

BLOW	
	Ink stain
	Shoe
	Crossbow Projectile
	Vivid
	Grasp
HOLE	

5x5

Insert the missing letters to make ten words. Five across and five down. More than one solution

T		A		S
	E		I	
S		O		E
	I		E	
S		A		S

Guess who is wearing a mask?

Page 1

Geoff McKay

Page 4

Margaret Skellett

Page 5

Dina Lewis

Page 6

Robyn Craig

Page 10

Jenny Brodie

Page 13

Barry Craig

Barry's Brainer Answers

General Knowledge Answers

- (1) Thumper
- (2) Scotland
- (3) JD Salinger
- (4) August 1st.
- (5) Neptune
- (6) Nadia Comaneci
- (7) Neville Shute
- (8) Quorum
- (9) Barbra Streisand
- (10) Baby Spice

Answers to song lyric names

- (1) Cecilia
- (2) Amy
- (3) Eleanor Rigby
- (4) Rose
- (5) Nancy
- (6) Georgia
- (7) Lucille
- (8) Sharona
- (9) Jolene
- (10) Lorraine

Puzzle answers

9-er

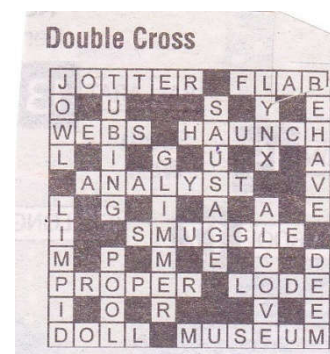
4218 gives a precious metal.....GOLD

53426 gives a block of metal.....INGOT

374496 gives a lump of metal.....NUGGET

1	2	3	4	5	6	7	8	9
L	O	N	G	I	T	U	D	E

Double Cross



Word Wheels

1. Missing letter is T

9 letter word: **INCLEMENT**

2 Missing letter is Y

9 letter word: **ANIMOSITY**

Word Ladder

BLOW	
BLOT	Ink stain
BOOT	Shoe
BOLT	Crossbow Projectile
BOLD	Vivid
HOLD	Grasp
HOLE	



Next edition:

September 2020

Let's try to make it a

Covid Free edition

unless the news is good

A big thankyou to Peter Lazarus for printing our newsletter and organising the envelope filling whether it be Evelyn, Marilyn, Sandra the "Merry Widows" or anyone else who is roped in. We all appreciate the effort you have made for us.