

## Latest from the President

In the last newsletter, I advised of the Committee's decision to suspend all classes for the balance of 2020 due to ongoing social distancing and association restrictions, the unavailability of many venues and, in this most uncertain of times, the Committee's attempt to provide a modicum of certainty by allowing members (and especially Tutors) the opportunity to plan their life outside of U3A.

In recent weeks and days, there has been an easing of some restrictions and a number of State borders have been re-opened but, as late as 17 September, 2020, the NSW Premier "Ms Berejiklian said the public should prepare for end-of-year celebrations to be held under the existing social distancing restrictions." (SMH 17.9.2020).

COVID-19 clearly has some way to go and I am still very much of the view that our decision to suspend classes for 2020 was a safe and prudent one (even with the benefit now of hindsight).

As a result of our decision and current COVID advice, the Committee has:

- sanctioned the holding of online classes and some outdoor activities such as Bushwalking, Dance Class, Tennis and a Walking Group (on application of the relevant Tutor and provided that these classes can be held strictly in accordance with the NSW Government's recommendations and Public Health Orders);
- not sanctioned the resumption of any indoor, or other, activities. In this regard I note that unless an activity is formally sanctioned by the Committee, U3ANR is not responsible for any fees incurred (venue hire etc) and the U3ANR insurances will not cover any incident or issue that may arise from the informal resumption of a particular activity;
- approved the extension of 2020 memberships for 2021 (for those members who were financial at 13 July, 2020);
- approved resumption of some social activities such as boat cruises to give members an opportunity to get out and renew acquaintances.

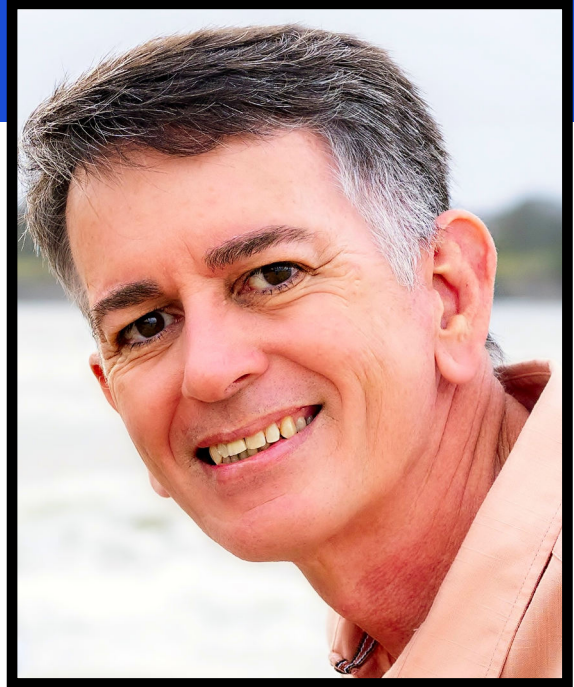
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## From the President

While COVID has curtailed many of our normal activities, it has given your committee the chance to catch up on some administrative matters and I am pleased to report that a draft update of our *2016 Guidelines, Policies and Procedures* has been presented to us for discussion. Stuart Montgomery, Web Administrator, is well advanced in the renewing of our website to make it more streamlined and user-friendly.

During late July, I was very sorry to receive resignations from our Electronic Resource/Equipment Officers, Steve Jones and Frank Ward. I must admit that I did not always understand what they said but was impressed with their knowledge, dedication and passion for the job at hand and they always made recommendations in the best interests of the needs of U3ANR. Given the present situation (COVID, recently replaced equipment and no current usage) we have decided not to replace Steve and Frank, but to call upon the Technology Group for assistance if required.

I would like to acknowledge the work of the Committee. They are a very cohesive group of interesting individuals and their commitment to the organisation is inspiring. We have had a number of changes this year including the roles of Membership Secretary, Minute Secretary, President, Treasurer, Vice President and Web Administrator and they have all taken to their roles with enthusiasm and commitment.



I also acknowledge and thank the staff and management at the Lismore Worker's Club for their support over many years but particularly during 2020, a most trying year. We can all support them by becoming members of the Club and enjoying the facilities and features at their many venues.

Looking ahead to 2021, we are preparing for the resumption of classes for Term 1 but details of classes/venues may not be known until the new year. Information will be provided as soon as possible.

We will need to see a renewal at the 2021 AGM as Secretary Joy Smith has completed her allowed three years. I would welcome any expressions of interest from members keen to contribute and work with the Committee.

Stay safe in 2020 and I hope you will have a fulfilling festive season and share an optimism for what 2021 will bring.

Michael Knock

## Classes continue despite Covid

A number of U3ANR activities are continuing despite the restrictions caused by the Covid 19 pandemic.

Outdoor activities that are continuing include Tennis, Bushwalking, walking with the Out and About group, boat cruises and Dancing.

Classes that are continuing continuing to meet via Zoom include Investment discussion, Tuesday talks, and SMUG (Macintosh users). While, as the president points out in his report on page 1, people meeting independently are not covered by U3A insurance and are responsible for any associated fees such as venue hire, nevertheless, some classes are continuing to organise themselves on an independent basis. They may not be officially U3A for a while, but they still show the U3A spirit of mutual help, and “learning for the fun of learning, while making new friendships and enhancing old ones.”

## Technology takes a break, but ...

U3ANR's technology group will not be meeting regularly on Zoom in term 4.

Members voted to take a break because of family and other commitments and thanked Webmaster Stuart Montgomery for his leadership this year.

In the meantime, any U3A member who is interested in having a casual Zoom meeting to discuss any particular issue of technology, can set up their own Zoom meeting and invite interested people to attend.

For help, phone Graeme Eggins on 0403 296 026, [geggins1@bigpond.com](mailto:geggins1@bigpond.com)

## Safety in a time of virus

The best portal for reliable, detailed, wide-ranging up-to-date information on the COVID-19 pandemic, is the **Federal Health department**. [health.gov.au](http://health.gov.au). It is worth checking often.

Another good source is **StaySmartOnline**: <https://www.staysmartonline.gov.au/get-help>. To stay up-to-date on the latest online threats and how to respond, sign up to the [Stay Smart Online Alert Service](#). More information is available on their [Get Help](#) page .

**Scammers** are taking advantage of the current crisis. The basic rules are

- never give your details or sign up for anything that you were not expecting.
- don't click on any links or open attachments from people you don't know, even if they look genuine.

For more information, check the government's [cyber crime site](#).

## News of some classes

### INVESTMENT GROUP MEETING FORTNIGHTLY

Any members who are interested in preserving and hopefully increasing their savings during these difficult times are invited to join U3ANR investment group. No members are professional advisers but experience has shown that we can help one another with worthwhile advice and suggestions.

Privacy is essential. The group may discuss share prices for example but never how many shares an individual actually owns.

Investment is a very friendly group that meets via Zoom at 10am Friday every fortnight.

Meeting dates are 2, 9, 16, 23, 30 in October; 6, 13, 20, 27 in November; and 4 December .

Email Graeme Eggins on [geggins1@bigpond.com](mailto:geggins1@bigpond.com) for your personal invitation . All are welcome to contribute or just sit in.

### MAC USERS ENJOY VIDEOS

About a dozen members of SMUG (Senior Mac Users Group) continue to meet weekly via ZOOM. Participants discuss many computer issues, and usually find the group mind is able to suggest solutions.

Fortunately SMUG has access to a website that contains hundreds of short videos, each about a particular feature of Mac computers, iPads or iPhones. Five more videos are added weekly, so the site remains extremely current and members really appreciate it.

The group decides which videos interest most members and select a couple to be viewed by everyone before the next session. Then they discuss them and occasionally even re-view parts using ZOOM's *Shared Screen* facility.

Two free sessions of 40 minutes means a total of 80minutes of digital contact. That is usually about all people can cope with, since ZOOM is notoriously tiring. Members, however, find it very valuable as a way of maintaining social interaction.



## Zoom into Tuesday with U3A

Last term Tuesday with U3A has used zoom to explore many different people and places, including:

History of Stannum House,  
Tenterfield

Fenwick House, Ballina

Christmas Island (memories from  
Stuart Montgomery)

Henry Garrard, the first magistrate  
in Casino Court House.

Local history of Uralba

Mary Ann Bugg (Thunderbolt's lady)



Fenwick House, Ballina



Nancy Bird Walton  
( "My God it's a Woman" )

Life with the Packers (memories by Graeme  
Eggins)

Nancy Bird Walton (Angel of the Outback)

Prime Minister Harold Holt (disappeared Dec  
17 1967)

Future topics could be

- Wendy Whitely's Secret Garden
- Kindertransport
- Operation Baby Lift
- Djanbung Gardens

and other topics suggested by participants.

All members welcome to join. Watch e-board  
and Facebook for details each week.

Contact Pat ( [pmaclaren-smith@bigpond.com](mailto:pmaclaren-smith@bigpond.com) ) if you would like to  
participate in a ZOOM meeting.  
An ID and password will be sent for you to use to join a session.

# Photography

The Photography Group has been operating in various ways over the last term.

**Beginners Group** - run by Ross Sergeant with five photographers learning the basic on how to use their cameras. The tutors were Peter and Una Hunter and John Corby supplied the venue.

**Nikon Camera Group** - met and worked through a series of exercises learning how to use their Nikon camera. This was run by Gwen Marshall who also provided the venue.

**Photoshop Workshop** - learnt how to use this editing program under the tutorship of Ted Parkinson who also provided the venue.

**Weekly newsletter** - provides information on upcoming competitions, what's happening in the group and sets a weekly photo topic for members.

**Facebook page** - Friday Photography which has 55 members. Members display their *set photos* and other interesting photos and information

**Term 4 proposed activities include:**  
Photoscape Editing Workshop.  
Advanced Camera small groups  
Lightroom Editing Workshops



Spring. Helen Armstrong



## Three recent winners

The Photography group has its own Facebook page where photos are posted daily on a set weekly topic.



Topic: Oops  
Kim Elford

Topic: Sweet Things  
Ted Parkinson



Topic: Patterns  
Sylvia Renshaw

## Friday Forum

Friday Forum in term four will continue to be held by email.

If you'd like to receive the talks and join in the discussion, please email a request to join the Forum eBoard list to: [stuart@islandchangers.com](mailto:stuart@islandchangers.com). Help is on page 25.

### Forum topics Term Four 2020

16/10	How clean is clean enough?	Geoff Walker and Richard Swinton
23/10	Is insurance a big rip-off?	Nick Mosey and Chris Rolfe
30/10	Is the Internet killing TV, cinema and literature?	Diana Sharpe and Victor Bosnic
6/11	Can kindness cure the worlds ills?	Geoff Manning and Chris Rolfe
13/11	Why do we waste so much food?	Richard Swinton and Diana Sharpe
20.11	Is instant gratification bad for us?	Philippa Cutter and Victor Bosnic
27/11	Can we "re-wild" the Earth?	Geoff Walker and Nick Mosey
4/12	Could war ever be eliminated?	Victor Bosnic
11/12	What is poverty in Oz today?	Chris Rolfe and Joan Pickup
18/12	How have social media changed politics?	Nick Mosey and Chris Rolfe

**Q: Can anyone join a ZOOM class?**

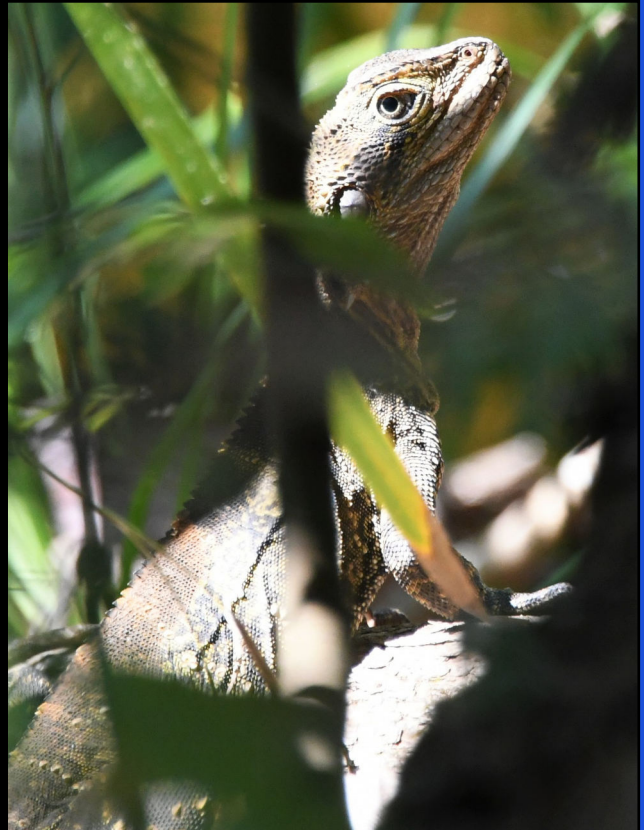
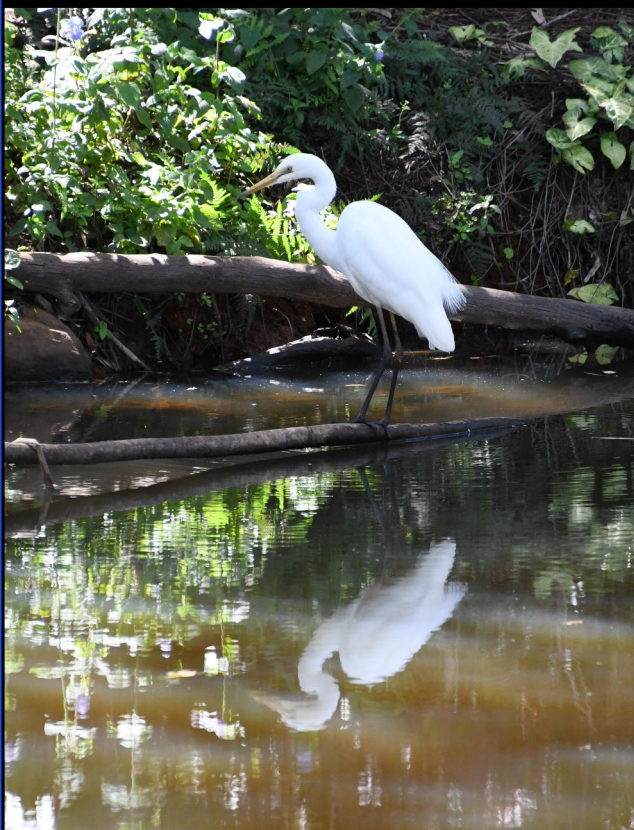
**A: Assuredly**

**If you would like to join any ZOOM class, contact the convenor of that class. S/he will send you instructions, including a link and a password.**



## Out and About

We have enjoyed two lovely walks – in the Lismore Botanic Gardens and the Birdwing Butterfly walk in Goonellabah. Perfect weather, a gentle stroll in beautiful surroundings, finishing with morning tea and a chat with friends. Photos were taken by Glenda Marshall.





# RICHMOND BIRDWING BUTTERFLY GULLY



Photos by Glenda Marshall



# Five memorable bush walks in term 3

## Tallow Beach , Broadwater, Jerusalem Creek, Evans Head, Iluka - Woody Head

### Tallow Beach

Birdlife erupted around us as wild winds snatched at our hats when Michael and his harem of eight meandered along the trails. A beach walk up to a sacred lagoon, no nesting birds spotted - maybe they'd retreated to the bush to avoid the buffeting wind! Once in the bush, honeyeaters posed for our shots while others darted about collecting insects for morning tea.

A slow convoy up to Brokenhead led to a coastal bush path with spacious views and dotted with wildflowers galore. For me the real treasure of these walks is Michael's readiness to share his vast knowledge and the slow pace which allows plenty of photo opportunities and space to soak up the views.

We picniced on the hill near the three sisters and couldn't be sure if the large splashes were from whales or just the wild wind stirring. Then we made a fatal mistake going back by the cars for the final lap ... so I and a couple of others departed early while the fitter more adventurous ones continued up the beach to another lagoon.

It's really quite easy to socially distance on a path in single file or gathering in a large circle in the open. Not sure if our legs or our tongues get more exercise but the warm companionship sure feels good!

*Jayde*





## Jerusalem Creek

Another sunny day, Michael certainly has a direct connection to ensure ideal weather conditions for his walks! We set off on nine kilometres of strolling, wading, scrambling across sand, through surf, up and down coffee rocks, with the gentle sound of waves and birds soothing us along the jaunt.

Morning tea by the sea and lunch on the river, then back along a well defined track. Sun had dried the mud so it was easy to walk and spot flannel flowers, purple violets, buttercups, bush orchids and many other natives.

Many birds we audible, but a few oystercatchers with their fluffy little chicks were seen.

Good company, good conversation plus a hilarious Ozzie poem ... join in, get fit outdoors, boost your immune system ... use it or lose it!

*we crabbed along the waterfront  
spidered up the coffee rock  
spooned around the headland  
as the sea dished up a treat  
eyelidded by the sun  
we nosed along the spit  
gunned along the shore  
as the birds splattered  
we seeded our positions  
as we distanced by law  
searching ways to disable  
a dastardly deadly invader*

by Jayde the logophile





## Iluka to Woody Head

Eight of us set off on a glorious sunny day. After negotiating the new highway works, we met up at the Iluka Bluff Picnic Area and headed towards Woody Head. A 9km walk is a breeze when you don't have to climb, so we were in good spirits as we embarked on another of Michael's bushwalking adventures.

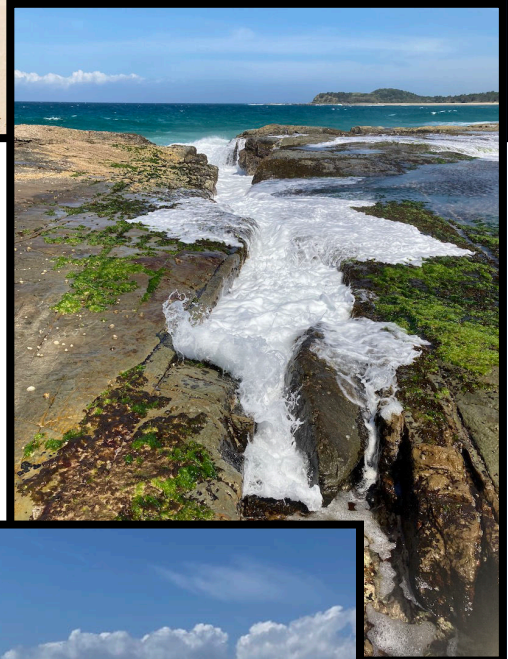
The walk was along the sandy beach with an interesting detour to examine a lagoon. Michael had previously told us how rock had been transported to build a breakwater and it was interesting to actually see the remains of the old rail tracks near the lagoon. In the 1870s, the railway was pegged out by engineers Edward Bell and Cecil Darley and the line ran from the quarry site at Iluka Bluff to the breakwater site and new Iluka wharf.

Our walk proved to be a true nature experience :

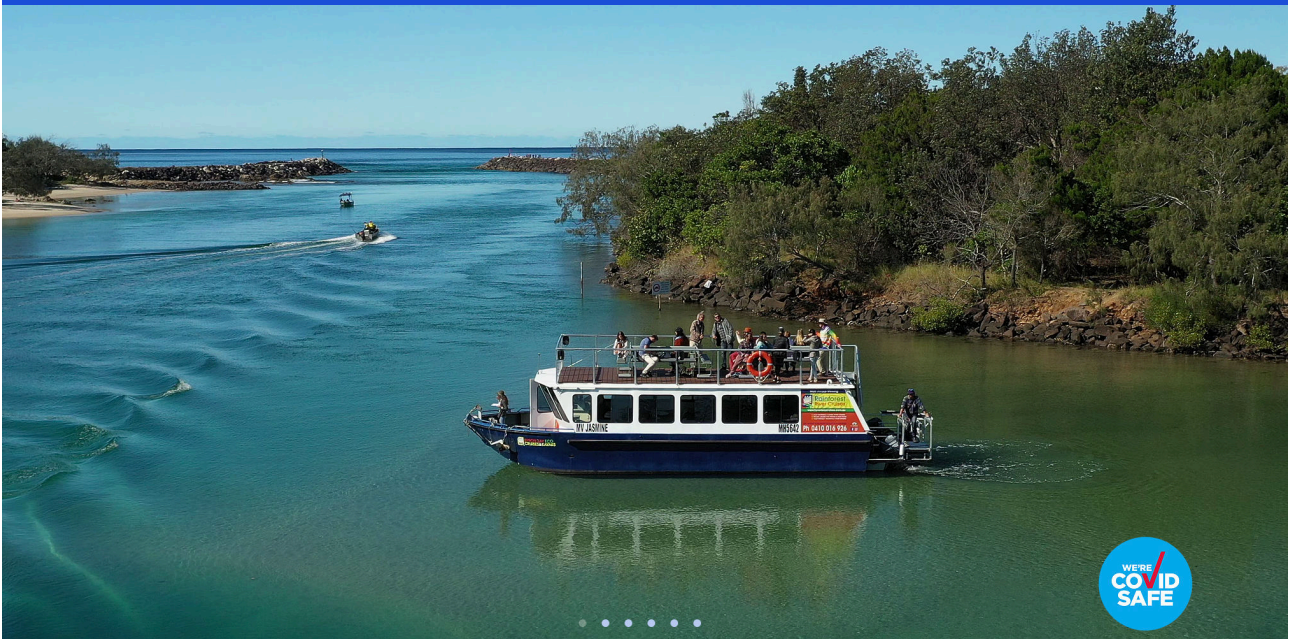
Whales - a spectacular show -Tick!  
Raptors gliding and swooping-Tick!  
Snake slithering (Gulp) -Tick!  
Sea urchins, starfish, shellfish -Tick!  
Birdlife everywhere -Tick!

Prior to starting out, we chatted to a group of fellow walking enthusiasts from Coffs Harbour, who had camped overnight at Woody Head. Their adventures promoted much discussion of a possible overnight camp. I think it would be fun, even if I'm not entirely sure I remember how to erect my tent!

*Widge Dooley*



## Tempted by a Covid-free cruise?



After the U3A cruise on the Brunswick River for 28 October was advertised, it was fully booked in a matter of hours. Margaret Bruce, our social co-ordinator, promptly began organising a second one, which will run if twenty people book.

The award winning Byron Eco cruises run from 10.00am to 12.00. The cruise is hosted by an Environment Scientist who will explain the flora, fauna and marine life of this beautiful rainforest area. The boat has three viewing decks, perfect for photography and a delicious morning tea is provided.

At this stage they can only take 20 passengers who must be local people and associated with Lismore U3A. If you have anyone staying with you from outside of our region they are not eligible, so please do not invite them.

Normal COVID rules will apply.

Cost will be a reduced price of \$45.00 to be paid on the day

Contact Margaret on 0403 583 766 if you would like to join a second cruise on Wednesday 4th November

## Christmas Party this year?

Margaret is also working on organising an end-of-year celebration of some kind. Covid, of course, makes this more complicated than usual.

For details, keep an eye on e-board.



## What's up?

We do seem to be pretty mixed UP about UP !

Try looking UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost one quarter of the page and can add UP to many definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP , you may wind UP with a hundred or more.

It's easy to understand UP, meaning toward the sky or at the top of a list, but when morning comes, why do we wake UP ?

At a meeting,  
why does a topic come UP ?  
Why do we speak UP?  
Why are the officers UP for election?  
Why does the secretary write UP a report?

We call UP our friends.  
We often aim to brighten UP a room.  
We polish UP the silver.

We warm UP the leftovers.  
We clean UP the kitchen.  
We lock UP the house.

People stir UP trouble,  
line UP for tickets,  
work UP an appetite, and  
think UP excuses.  
Some guys fix UP an old car.

To be dressed is one thing, but to be dressed UP is special .

A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night.

When it threatens to rain, we say it is clouding UP . When the sun comes out we say it is clearing UP .

When it rains, it wets the earth and often messes things UP . When it doesn't rain for awhile, things dry UP .

My time is surely UP . I could go on and on, but I'll wrap it UP now.

## ANAGRAMS

presbyterian : best in prayer  
astronomer: moon starrer  
desperation: a rope ends it  
the eyes: they see  
dormitory: dirty room  
slot machines: cash lost in me  
animosity: is no amity

election results: lies! - let's recount  
snooze alarms: alas! no more Z's  
a decimal point: I'm a dot in place  
the earthquakes: that queer shake  
eleven plus two: twelve plus one  
mother in law: woman Hitler

## Catch just the right moment ...





## The lighter side of Covid ...



**WE ARE NOT FRIGHTENED ENOUGH TO EAT TOFO YET**



**HOARDER COLLIE**



## How are you at heteronyms?

Last edition we looked at contronyms, which have contradictory meanings depending on context. This edition - heteronyms !

These are spelled the same but have different meanings when pronounced differently. Often one is a noun, and one a verb.

For example, Can you **lead** effectively with all that **lead** in your saddle?

### What are the missing heteronyms?

1. The violinist waved his **XXXX** as he made his formal **XXXX**.
2. The farm was used to **XXXX XXXX**.
3. The dump was so full that it had to **XXXX** more **XXXX**.
4. To keep it gleaming, we must **XXXX** the **XXXX** furniture..
5. He hopes I will **XXXX** him, but ignorance is not an **XXXX**
6. The soldier decided to **XXXX** from his platoon in the **XXXX**.
7. There is no time like the **XXXX**, so he went to **XXXX** his demands.
8. The **XXXX** churned up the ground so much, you could **XXXX** a crop in it
9. The buck **XXXX** funny things when the **XXXX** are present.
10. The bandage was **XXXX** around the **XXXX**.
11. Is the diagnosis still **XXXX** for that **XXXX**?
12. There was a **XXXX** among the oarsmen about how to **XXXX** faster .
13. He plans to **XXXX** seven cats in his suburban **XXXX**.
14. The opposition **XXXX** explained why he felt obliged to **XXXX**.
15. The seamstress, a **XXXX** of renown, fell down a **XXXX** vent.
16. We'll **XXXX** the conversation, so we have a **XXXX** if anyone queries it.
17. **XXXX** it tight so the **XXXX** cannot unravel it.
18. I shed a **XXXX** when I saw the **XXXX** in my favourite dress.
19. I had to **XXXX** the **XXXX** to a series of tests.
20. How can I **XXXX** this to my most **XXXX** friend?
21. I **XXXX** a lot so that I can match my sister, who has **XXXX** many books.
22. The electric wire was not **XXXX**, so he could **XXXX** when he touched it.
23. I **XXXX** this teapot that belonged to my grandmother, just so I can tell my father that it is being put to good **XXXX**.
24. They were too **XXXX** to the door to **XXXX** it.



## The lighter side of grandparenting

She was in the bathroom, putting on her makeup under the watchful eyes of her young granddaughter, as she'd done many times before. She applied her lipstick and started to leave. The little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!"

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised. "Mine says I'm 4 to 6."

When my grandson Billy and I entered our holiday cabin, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa. Now the mosquitoes are coming after us with torches."

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tyre; it hung from a tree in our front yard. We rode our pony. We picked wild blackberries in the bush."

The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd got to know you sooner!"

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me, and she was always correct. At last, she headed for the door, saying, "Grandma, I think you should try

working out some of this stuff for yourself!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both real old," he replied.

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

"That's interesting." Grandma said, warily. "How do you make babies?" "It's easy," replied the girl. "You just change 'y' to 'i' and add 'es'."

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past with a Dalmatian in the front seat.

The children started discussing the dog's duties.

"They use him to keep crowds back," offered child no 1. "No," said no 2, "he's just for good luck."

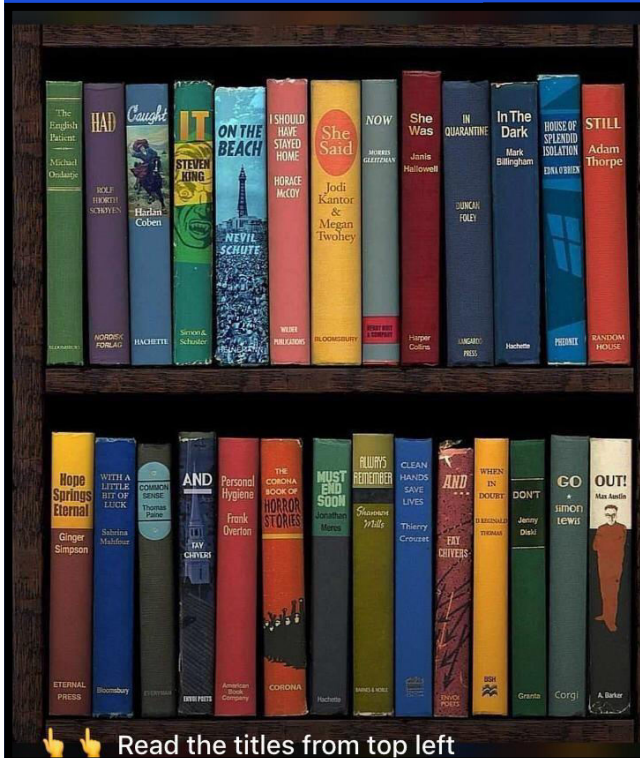
No 3 brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

My young grandson called the other day to wish me happy birthday. He asked me how old I was, and I said, 80. My grandson thought for a little while. Then he asked, "Did you start at 1?"



## How many of these do you know?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.



👉👉 Read the titles from top left

## MY LIFE BROKEN DOWN INTO SEGMENTS

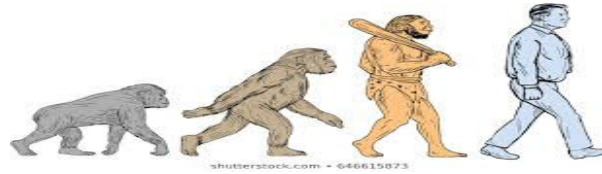


I CAN'T REMEMBER HOW TO  
WRITE 1, 1000, 51, 6 AND 500  
IN ROMAN NUMERALS.

I'M LIVID.







## ***Wanting to IMPROVE yourself.....***

- 🍌 Improve **YOUR** speaking skill
- 🍌 Build **leadership skills**
- 🍌 Gain a **competitive advantage** in the workplace
- 🍌 Build **self-confidence and self-awareness**
- 🍌 Improve **listening skills**
- 🍌 Give/receive **constructive feedback**
- 🍌 Unlimited **personal growth**
- 🍌 **Maximise your potential** in a fun, friendly & safe group



**Toastmasters** is the most efficient, supportive and enjoyable way of gaining great communication skills. By learning to effectively formulate and express your ideas, you can open an entirely new world of possibilities.

**Toastmasters** will give you the skills and confidence to effectively express yourself in any situation. Whether you are a student, young professional, someone who wants to advance your career, or build self-confidence.

## **Lennox Lighting Toastmasters Club**

**Contact: Charmaine 0419 625 285 for a chat**

**ZOOM meetings every second Tuesday at 7 pm.**

**Face-to-face meetings at Club Lennox will resume post Covid**

**Normally we meet every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday**

For further details, visit <https://www.lennoxlightningtm.org/directions.html>

## Snippets of interest

U3ANR has an ad in Alstonville Rotary's forthcoming calendar.

Rotary recently held a photography competition, looking for images to be featured in their fundraising calendar. The entries, all shot in the 2477 postcode, were displayed in the Alstonville Plaza on 19th September, with a public vote to choose twelve winners. The most popular shot, by Ron Moore, was this one.

Calendars will cost \$10 and will be on sale from early October at ACE Variety Discounts and LJ Hookers in Alstonville.



U3A member Michael Smith has written a local history book *KOONORIGAN*, Lots of photographs. You can download it here ....

<http://budjiri.biz.ht/koonorigan.pdf>

Kevin Elsley is a local journalist who started his career in the 1950s and reported in the Northern Rivers for almost 50 years. He has since retired but wanted to share his insight into what it used to look like being a journalist in Lismore all those years ago.

Read the full story here:

[explorenorthernrivers.com/kevin-remembers](http://explorenorthernrivers.com/kevin-remembers)

## U3ANR's Covid Guidelines

Secretary Joy worked out the *Guidelines for Tutors* that would have applied, had classes resumed. They still represent the likely reality when the time comes that we do manage to meet face-to-face.

### Wellbeing of U3A members:

- Exclude anyone who is unwell
- Anyone showing symptoms of being unwell, including sore throat, cough, runny nose must be COVID-19 tested, even if previous tests have been negative
- Members should not attend for two weeks if they have been in contact with anyone who has tested positive
- Provide tutors and participants with information on when to get tested, physical distancing, hygiene and cleaning
- Display conditions of entry for tutors and participants
- Venues must provide evidence of their COVID19 Safety Plan for the premises.
- Detergent/disinfectant to be provided to wipe surfaces or equipment (including electronic).
- Touched areas to be cleaned frequently (before and after use.)
- Gloves to be used when cleaning surfaces.
- Bathrooms to be stocked with soap and paper towels and display a poster instructing how to wash hands.
- Members should bring their own food and drink, and use their own utensils - no sharing.
- Members should wash their own utensils.

### Physical distancing

- Venues must provide evidence of capacity for safe distancing of four square metres for all participants.
- Venues to advise U3A of capacity numbers.
- Car sharing is not recommended unless with one person in the front, one on the other side in the back.
- No hugs or handshakes.

### Hygiene and cleaning:

- Hand sanitiser to be provided at all venues (either by venue or U3A).

### Record keeping:

- The name, phone number or email address of the tutor and all participants must be recorded each event.
- The tutor to have the above details and mark the participants attendance to avoid sharing of pens.
- These records must be kept for 28 days and stored confidentially and securely
- Tutors and participants are to be made aware of the benefits of downloading the COVIDSafe app
- Cooperate with NSW Health if positive cases of COVID-19 are identified for the purposes of contact tracing



## Are you au fait with e-board?

One of the services our U3A offers members is the right to join up to eight separate electronic mailing lists.

Most members, when they complete their membership form, opt to be able to send and receive messages about U3ANR's activities through **e-board**. (electronic notice board).

Members can use e-board to exchange general U3A information, make announcements such as times of U3ANR meetings, ask or give help to other members with anything, swap/share/give away anything and sell one-off items.

Policy says e-board is not to be used for any unlawful matter, to discuss topics that other members could find offensive (i.e. politics, sexist jokes), or to advertise **a range of products or services** for personal gain.

Apart from **general** e-board, members can join seven other **specialist** lists. These allow members to send/receive messages from others in these groups:

- friday forum
- genealogy
- investments
- photography
- science
- technology
- tuesday-with-u3a

To send a message to all members of specialist list X, send it to:

[X@lismoreu3a.org.au](mailto:X@lismoreu3a.org.au)

Follow the same style to send a message to **all** subscribed U3ANR members via the **general** e-board, i.e. [e-board@lismoreu3a.org.au](mailto:e-board@lismoreu3a.org.au)

If you would like to join or leave any list, email your request to

[X-owner@lismoreu3a.org.au](mailto:X-owner@lismoreu3a.org.au)

(The Webmaster is the "owner")

You may find it convenient to add the address of e-board and any other U3A message group to your contacts list.

Management places some restrictions on messages. Messages are restricted to the equivalent of one page of plain text (15K) and they must be signed.

Attachments of any kind (photographs, Word documents) are not permitted, but you can include a simple Web address.

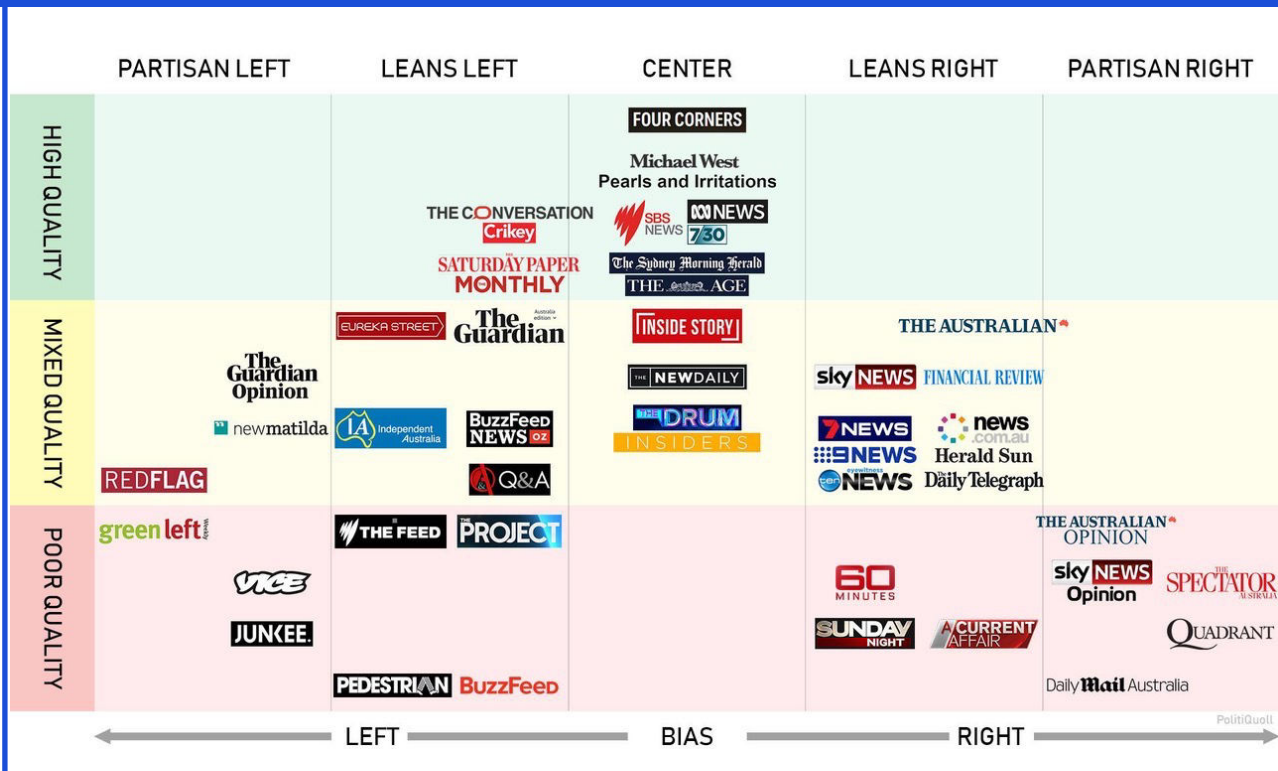
For further information contact our web administrator, Stuart Montgomery, at [stuart@islandchangers.com](mailto:stuart@islandchangers.com)

NOTE: Our webpage (as opposed to e-board) is currently undergoing a significant rearrangement and restructure, so it is worthwhile to keep an eye on it, to note any changes that may affect you.

## Heteronyms answers (from page 18)

- |            |             |            |              |
|------------|-------------|------------|--------------|
| 1. bow     | 7. present  | 13. house  | 19. subject  |
| 2. produce | 8. sow      | 14. rebel  | 20. intimate |
| 3. refuse  | 9. does     | 15. sewer  | 21. read     |
| 4. polish  | 10. wound   | 16. record | 22. live     |
| 5. excuse  | 11. invalid | 17. wind   | 23. use      |
| 6. desert  | 12. row     | 18. tear   | 24. close    |

## Biases in news media - Do you agree?



**Want to print any page of the newsletter?**  
 An easy way is to take a picture of your screen and print that.

### Windows 10 Computers

1. Go *Start > Windows > Windows Accessories > Down arrow*
2. Select *Snipping tool > New*.
3. Crosshairs will appear
4. Drag around the text to select it.
5. Go back to File and select one of *Save As*, *Send To* or *Print*  
 Print is the easy option

### Macintosh Computers

1. Hold down the shift and command keys, while clicking the number 4 key.
2. Your cursor changes to crosshairs.
4. Drag diagonally over the portion of your screen you want to copy. It goes dark
5. Release the mouse button.
6. The screen portion will appear in a new window (in the Preview app).
7. Save and Name the window.
8. Print it as normal.

# Final Notes

## **The Bad News**

There will be no face-to-face classes for the rest of 2020, though convenors may apply for special exemptions (eg outdoor actives such as tennis).

Social distancing rules will apply for the foreseeable future .

## **The Good News**

Fees paid for 2020 membership will now cover membership for 2021. Anyone wanting to join now will be charged only \$25.

Some groups are continuing to meet, just not officially as U3A.

## **Request for assistance**

The webmaster is working to upgrade the entire U3ANR website.

If you are keen to learn about web design and construction, your help could be very useful. It would certainly be appreciated.

Provided that you are comfortable using computers, no specific previous experience is needed as on-the-job training will be given,.

## **U3A Online Courses (not provided by U3ANR)**

If you are interested in doing any of the courses (listed at <https://www.u3aonline.org.au/content/our-courses>), you will be pleased to learn that U3ANR has a group subscription, so you will not need to join as an individual.

For details, contact the U3ANR treasurer, Peter Sandstrom, who can give you the necessary logon information. The last page of this document contains Peter's contact details together with those of all your committee.

## **Any good ideas for next year?**

How do you see U3ANR operating in the future?

What could be improved? How do we live with the virus?

Please contact the president or secretary if you have any helpful suggestions (or any feedback at all, really.)



## Committee

### **Michael Knock - President**

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Email: [mk875950@gmail.com](mailto:mk875950@gmail.com)

### **Joy Smith - Secretary**

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Email: [secretary@u3anriv.org.au](mailto:secretary@u3anriv.org.au)

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### **Peter Sandstrom- Treasurer**

Phone: 6622 3279 or 0419 573 108

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### **Stuart Montgomery - Web Administrator**

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### **Ed Bennett - Public Officer**

Phone: 0431 205 770

## What is U3A?

U3A is a self-help, non-profit organisation run by seniors for seniors and devoted to learning for the fun of learning, while making new friendships and enhancing old ones.

U3A Northern Rivers (U3ANR) offers many courses and activities each term. One annual membership fee entitles you to take part in as many activities as you wish, provided that the course is not full.

**Mail:** PO Box 4291,  
Goonellabah, 2480

**Website:** [www.u3anriv.org.au](http://www.u3anriv.org.au)

**E-board:** see page 25

**Facebook:** [https://  
www.facebook.com/LismoreU3A/](https://www.facebook.com/LismoreU3A/)

## End of term

Friday 18 December

## Deadline

for next newsletter  
watch e-board

## Disclaimer

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