

Farewell Jean ... Welcome Michael

New president for U3ANR

The advent of Covid and its associated disruptions to life as we have known it, has caused many of us to ponder some big questions. Where am I heading? What is really important to me? Are there things that need to change?

After a sterling stint as president, Jean Cook has decided that she needs to be free to explore new directions.

We asked Jean to tell us about her involvement with U3RANR, and this is what she said.

I arrived in Lismore from Sydney in 2009 knowing no-one. I found a U3A newsletter in the Library. I had been associated with, but not a member of, U3A in the Macarthur region, so it seemed like a good means of getting to know a few people.

The Friday Forum was the first thing I attended, quickly followed by the reading group run by Virginia Parker. Over the years I have attended many other classes/courses as well.

In my second year in Lismore I volunteered for position as Secretary. I did that for only a year as I needed to get my house renovated for sale.

I spent 4 years as Course Co-ordinator before Liz Marshall took over.

As for the future. I'm sure U3A will survive Covid 19. The organisation is in good hands with Michael Knock in charge and Joy as Secretary. It is time some younger people took over with fresh ideas otherwise we are in danger of becoming stale.

I will still be attending various classes when things return to something like normal but for now I am just hanging out for the Queensland border to open so that I can get to see my children, grandchildren and a great grandchild. Won't see me for dust when it does.

We thank Jean for all her hard work and wish her well for the future.

- the Editor

**What is happening in U3A this term?
See pages 2 and 3 for details.**

From the President



There's a salutation, often identified as (ironically enough) a Chinese curse, *May you live in interesting times*. 2020 is certainly proving to be anything but dull so far and many of us would welcome a return to what we consider a normal life. Our lives as we knew them may have been upended, but on a positive note, the pandemic has given us time to reconsider what is important to us. We have had to get our heads around new terms such as "Coronavirus", "COVID-19", "R Value" and "social distancing" and all of us armchair epidemiologists can start including these phrases in our everyday conversations.

One word that has received a fair workout is "unprecedented" and it has been the unprecedented speed, spread and seriousness of this pandemic which has left us all struggling to keep up.

The decision to suspend all U3A classes from Monday 24 March, 2020 now seems an obvious one, but at the time we debated the impact such a decision would have on our members. We were not to know that clubs and community centres were to be closed (robbing us of our venues) or that social distancing would be imposed, including a *stay at home* requirement for all but the most urgent reasons.

Given the easing of COVID-19 restrictions across NSW during May and June, we brought forward the July 2020 Committee Meeting to 13 July to consider resuming classes in Term 3 (20 July).

Unfortunately, now, in mid-July, the situation has not changed significantly from that in

March. Many venues are not available - the Lismore Worker's Club has only one of eight meeting rooms in use (the others now store furniture) and that for a maximum of 12 persons. Other venues do not have a COVIDSafe programme (venue cleaning etc) in place that would help to guarantee the safety of our members.

The Committee is also very aware of the recent outbreaks in Victoria and the subsequent return to Level three restrictions across that state for the next six weeks. The current NSW restrictions (social distancing, indoors numbers limits etc) may be around for some time.

As the safety of our members is our prime concern we cannot sanction the resumption of classes. At July's Committee Meeting, we resolved to suspend all face-to-face classes and functions (including the Christmas Party) for the rest of 2020. Some formal exemptions have been given - Bushwalking and Tennis - as they are outdoor activities and can be conducted in accordance with current NSW Government guidelines.

Whilst our larger classes cannot resume, it has been wonderful to see how our Tutors and members have stepped up to
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President's Report *continued*

the challenge of providing classes such as Tuesdays with U3A, Dance, Photography, SMUG and Investment Discussion via Zoom (a video conferencing application). Friday Forum has also managed to keep functioning - via email! But obviously online sessions will not work for all classes.

The Committee further resolved to carry over the membership of all financial members as at 13 July 2020 for calendar year 2021 - no fees next year.

U3A Online (a separate organisation) runs many courses, and details are available on page 17.

The opportunity that COVID-19 provided for some reflection time at home comes with what they call the *opportunity cost*. In this regard, I am saddened to advise that President Jean Cook has resigned but pleased for her,

because she will now be able to spend more time with her family who are scattered across a number of states. Jean has been on the U3ANR Committee for many years and provided sage counsel, a steady voice of reason and inspirational leadership. We wish her well for her future.

As Vice President, I accepted the nomination as President and Peter Wiblin, as Immediate Past President, has accepted the role of Vice President. The Committee works tirelessly to support our 560+ members and that work has been ongoing despite the suspension of classes. I would especially like to acknowledge the efforts of Joy Smith (Secretary), Liz Marshall (Course Coordinator), Pat MacLaren-Smith (Publicity Officer) and Ros Sharp (Newsletter Editor) who have kept members and tutors informed and interested in our ongoing activities and situation.

Stay safe,

Michael

**Make the most
of the
shutdown.**

Take it easy

**Without the
guilt**



Who is this Michael guy anyway?

Our new president, Michael Knock, supplied this brief bio

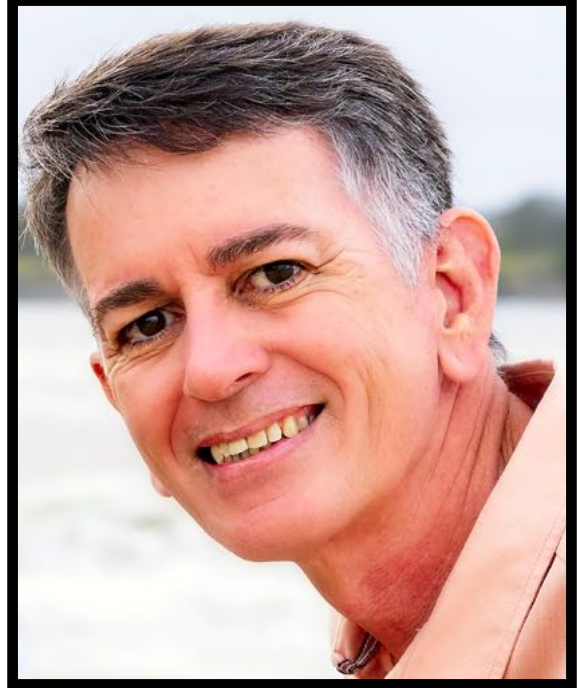
Born and bred in Gosford, NSW I was one of six kids. We spent every holiday either in a caravan somewhere in Australia or at the family farms in Bellingen.

Having survived the gamut of both the nuns and the Christian Brothers, I finished the HSC and immediately embarked on a Youth Exchange to Japan, followed shortly thereafter with another Exchange to Germany. By that stage, I was working my way through the ranks of the NSW Attorney General's

Department – the Petty Sessions Branch, as it was known then – including about 10 years in Sydney as the Local Court's Operations Manager. During this time I undertook studies in Law, Judicial Administration and Accounting.

My wife, Kaylene, and I relocated to Lismore in 2001 for me to take up the position of Registrar, Chamber Magistrate and Coroner at Lismore Court. This job morphed over the next 15 years into a Regional Manager's role looking after the Local and District Court sittings for the area Tweed Heads to Forster & Byron to Mungindi.

When the position was relocated to Newcastle in 2017, I left this role so that we could remain in the area.



Feedback is great encouragement

I would like to comment on the amount of info on local history that has been shared [on e-board and Facebook] recently. I have enjoyed it and it is great to see people contributing bits to the story. Also I appreciate Pat Maclaren-Smith's emails about free entertainment available during the lockdown - big shout out to Pat. *Melanie*

Dear Pat, Thank you SO MUCH for all your links and wonderful information on all the entertainment etc.

We have enjoyed the Ballet and some opera and I will use the library.

Have a great day and keep up your good work Pat [and Liz].

Athena :)

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](https://www.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 or planning
- 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](#).

Camouflage



Have you ever wondered?

- Why is abbreviated such a long word?
- Why is the man who invests all your money called a broker?
- Why are they called apartments when they are all stuck together?
- Why is lemon juice made with artificial flavouring, while washing up liquid is made with real lemons?

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

Tips for ageing gracefully

Australian author Robert C Gould wrote a book several years ago called “[Don't Let the Old Man/Girl in](#)”.

The book, aimed at people over 60, has these 15 commandments.

1. **Always accept a social invitation** – you will never experience fresh faces and surprises if you don't.
2. **Be athletic one hour each day** – move in any way you can for one hour a day without compromise.
3. **Adopt role models** – study/adopt the traits of the admirable people who have taken the risk and got a result.
4. **Be a gentle man/woman** – forget anger, bitterness and grumpiness.
5. **Dress half your age** – when you look old, others see you as old and treat you as old.
6. **Watch over your family** – You are a readily available source of wisdom.
7. **Mow your own lawn** – relying on others to do simple tasks means losing self-reliance.
8. **Do a good turn every day** – it nourishes your soul.
9. **Foster a sense of the ridiculous** – die smiling.
10. **Drop the drink** – as you age reduce your alcoholic intake.
11. **Lose weight** – How do you handicap a racing thoroughbred? Place weights on them to slow them down.
12. **(S)train your brain** – or lose your mind. Brains are like brawn. Lift mental weights.
13. **Live within your means** – money is not important, but it is up there with oxygen. Develop financial toughness, be financially honest, deal with your own financial facts.
14. **Unload stuff - let it go** – you are no longer in the accumulation phase. Unload and de-clutter. Throwing stuff away makes you feel free.
15. **Aspire to a simple life** – disengage from activities that create hassle and anguish. Do not compound your own life's complexities with those of others.

Looking for things to do?

Lots of resources can be found online to help keep you stimulated.

Here are a few to get you started.

U3A Online has [more than 50 high quality non-award courses](#) for people who like to learn new things.

It publishes a free monthly email newsletter, **GEMs**. Why not check out a sample? Here is the link: [GEMS Newsletters](#)

[YOURLifeChoices](#) fortnightly magazine and e-news for 50s, 60s and beyond will keep you up to date on health, wealth, travel, work, new technology and great food.

Zoom into Tuesday with U3A

Our 2pm talks have included historic homes, places of interest and interesting people. We have looked at Christmas Island, Tulloona House Lismore and subjects such as early Chinese. Presenters have been Stuart Montgomery, Ruth Mogg, Graeme Eggins and Liz Marshall. Discussion followed among the zoom participants. The text of our Tuesday Talks was usually added to E-board, but in case you missed them, a couple are reproduced below.

At one Zoom meeting we talked about **Temora** a small town in the Riverina region of NSW and Dame Mary Gilmore who had an early connection to the area:

Temora is 85k from Wagga Wagga and 35k from Junee. It started as a pastoral station in 1847, in the heart of a grain growing area and is one of the largest wheat, canola, other cereals and wool producers in the state.

Gold was discovered in 1869 in the area, but the main rush began in 1879, with more than 20,000 people thronging to the gold diggings at Temora and the district was proclaimed a goldfield on 4 June 1880.

Today there is lots to see in and around Temora. The Aviation Museum, which has one of the world's finest collections of flying historic aircraft, was established in 1999. Its collection includes two of the three Spitfires still flying in Australia.

The Bundawarra Centre incorporates a rural museum and the Temora Ambulance Museum. There is a cottage built of hardwood slabs that was Sir Donald Bradman's first home, a one-room public school, bush church, country dance hall, printing works, flour mill, ambulance station and fire station. The bronze wheat lumper statue erected in 2016 is a tribute to the hardworking men who lumped and stacked bags of wheat until the advent of bulk grain handling in 1916.




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

First airmail service was a local affair

You may have heard about the recent re-enactment of first authorised airmail run in Australia, between Lismore, Casino and Tenterfield. Member David Cameron, who was to have presented to **Tuesday with U3A** in 2nd term, gives the background.

Late last year I learned of a local businessman who had written a book about what my grandfather and his brother had been doing around 1920. As The Lynn Brothers, they had the Royal Mail contract for parts of this region. They used Cadillac buses to convey people, mail and goods between the towns, ending up in Tenterfield, where the mail went into a special mail sorting carriage for the trip to Sydney. They had been pushing for airmail to improve the speed of communications between the region and Sydney as well as generally around the state.

Many years later, Geoff Wotherspoon investigated the first airmail flight in Australia after he found that it was  from Lismore via Casino to Tenterfield. His book *Per Aerial Mail. Australia's First Air Mail Flight Sanctioned by and Under the Instruction of the Postmaster-General*, is very well researched and written.

At the end of WW1 quite a few Australian pilots were keen to get back in the cockpit and show off their skills to the crowds of admiring people. One such pilot, Lt. Frank Roberts, and his Flight Engineer, Walter Nicholson, arrived in the Northern Rivers to offer such a demonstration, and my mother went for a flight with a Lynn family cousin. The pilot gave them a real scare as he flew under the railway bridge in Casino.

Local primary producers were having problems getting their produce to market and communicating with their agents in Sydney. It was suggested airmail could help to speed communication. The local Richmond member, Sir Walter Massey-Greene, was the Minister for Trade and Customs. He was able to persuade a reluctant Postmaster-General to sanction a trial flight. Support came from the Lismore Chamber of Commerce, the aircrew, Lismore and other local councils, the Farmers Union, businesses and the Lynn brothers.

The local press announced the flight on 24th June. Despite having just two days notice, on the 26th of June 1920, 8,000 letters were sent by airmail from Lismore. On the 26th of June 2020, the re-enactment took place.

Geoff was keen to have this re-enactment of the flight as well as other activities to highlight its centenary. He hoped the community would come to appreciate the importance of this event that happened in their region. We, the planning assistants to Geoff, had a lot to do, but the work fostered lots of relationships. We now communicate with our cousins and their children via a newsletter that started with just six on the list but grew to over forty.

Friday Forum

Friday Forum has been running by email for more than three months, and will continue to do so in Term 3. Dates for each discussion are below.

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. Help is on page 18.

24 July Are powerful leaders necessarily narcissists? Nick Mosey & Tim Challis

31 July What – who – is a “good bloke”? Margaret Bruce & Chris Rolfe

7 August

Do we all suffer from “confirmation bias”? Richard Swinton & Chris Rolfe

14 August

What do we mean by “luck”? Chris Rolfe & Diana Sharpe

4 September

Is democracy the greatest fallacy? Richard Swinton & Tim Challis

11 September

What is so great about spectator sport? Philippa Cutter & Geoff Walker

28 August Can any war be “just”? Geoff Walker & Margaret Bruce

18 September

Should poetry be an Olympic event? Diana Sharpe & Nick Mosey

25 September

Why is freedom of speech such an issue? Richard Swinton & Philippa Cutter

12 August

Why should we look up to our current politicians? Nick Mosey & Victor Bosnic

Davidson Plum seedlings anyone?

Alison Siliakus has Davidson's Plum seedlings to give away to anyone who would like to grow their own. These are the local variety. Phone Alison on 0401 346 607.

U3A members keep calm and carry on

Some U3ANR classes are thriving despite the lockdown caused by the coronavirus pandemic. Northern Rivers U3A, in concert with U3As around Australia, stopped all live classes in the last week of March as part of the national push to minimise virus transmission. Within a few days Class co-ordinator Liz Marshall and life member Graeme Eggins began planning classes for members on how to use the popular videoconferencing programme Zoom.



More than 40 U3ANR members took part in Zoom classes in April. Many now routinely use the program to video chat with distant friends and relatives.

Active classes include Spanish conversation, Dance, Investment, Macintosh computing and Tuesday Talks. Tutors and students say they

love being able to “see” and share opinions with friends while continuing to enjoy classes and stay safe at home.

“Of course, seeing someone on the screen is not the same as chatting to them in real life but we can still talk and share a laugh,” said one student. “The online classes certainly help me feel not so isolated at home.”

Experience has shown that, for most retirees, the free 40-minute Zoom session is long enough, though more free time can be booked if more time is required.

But wait. There’s more! Other online contact is also available.

Pat MacLaren-Smith and Liz Marshall have worked hard on our Facebook site, not only with Facebook postings but with historical stories on e-board. This is a daily job, rewarding those members who are interested enough to look at Facebook or e-board and, we hope, helping them to keep feeling involved

If you would like to join a ZOOM class, contact the convenor. S/he will send you instructions, together with a link and a password.



Social distancing made easy

Evans Head, May 2020

Jayde reports:

Michael led four of us on the first U3A walk since the easing of restrictions from Chinamen's Beach, Evans Head. He is full of knowledge about edible plants and the local native flora and fauna in Bundjalung National Park and shared some dreamtime stories from his printed brochure.

We watched dolphins surfing and spotted the first whale spout of the season! It really was the perfect setting to be out and interacting ... plus it's much easier to social distance with a small group in the great outdoors!

Ellen got loads of photos of bush orchids, sea pools, caves and other interesting things. The pace was very comfortable.

Then to top it off on returning to the car park Michael lit a fire with two sticks, one a bow. It smoked then ignited quickly attracting the attention of one of our chopper rescue team. More fascinating conversation followed resulting in Michael being invited to teach his rescue team more survival skills.

*Had a great coastal walk
with friends who could talk
each different as cheese to
chalk.*

*Watched the circling hawk
which made the plovers squawk*



Social Distancing made easy 2

South Ballina Beach, June 2020



What I've got out of SMUG via ZOOM



I have enjoyed attending the Zoom lessons of SMUG. Selfishly perhaps, it's been good not having to get dressed, get the car out and drive the 15k to Lismore CBD, then find a park and walk to the Club. Zoom has not only been beneficial in this respect but it has provided convenience without contact, which is the name of the game in these times.

As for the lessons themselves, it has been good to clearly see everyone again, to say hello and enjoy swapping information and comments during the lessons. Ros's hard working preparation for each lesson, providing video clips to see, contacts, and information which we can print out if desired, has been greatly appreciated. I have found it such a help to be able to actually work on my home Mac, following relevant points while at the same time having the iPhone and iPad available as well.

- Diana

Using Zoom for our SMUG meetings has had some unexpected benefits. Firstly, it forced us to learn a new skill, ie, using Zoom and secondly, by being able to preview the "lessons" at our leisure, the class becomes a review involving discussion and questions. The notes provided by our Tutor, Ros, are an added, valuable bonus and we are conscious of the extra work involved. There is a downside, however, and that is the loss of social interaction, both during the class and afterwards over our coffee/tea break. - Eric

Since the C19 lockdown we have appreciated the efforts by Ros and Graeme to arrange Zoom sessions for our SMUG meetings. Ros gives us all the details for the coming sessions with links and pre-reading, and I have found this very useful. Now it is possible to view the Macmost video and youtube at leisure (and watch them a number of times prior to the Zoom session).

As a secondary benefit, it is quite enjoyable to actually 'see' my SMUG colleagues on the screen and to interact with them. It also prevents one from nodding off, as it would immediately become apparent if one did so!

But I do miss the face to face contact and the enjoyable coffee get together after our SMUG sessions at the club. It will be great to actually get together one day in the future.

- Gordon

The ZOOM version of SMUG has been very successful & indeed quite therapeutic under the prevailing circumstances. The current format meant that we were better prepared for the coming tutorials (if we did our homework) having viewed the programs beforehand with the aid of Ros's notes. We were able to attend the class from a different perspective: informed, practised and more cognisant of the usefulness or otherwise of the topics for discussion.



Many have suggested that Zoom-type conferencing will be here to stay in our strange new world. This could well be especially applicable to U3A classes attended by ageing members with progressive incapacity and (Covid) vulnerability. Indisputably the usual social gathering format is preferable, but there now seems to be a strong case for adopting a new two-pronged approach for classes in these changing times.

- *Eddie*

Participating in SMUG via ZOOM .

It has been very rewarding seeing the members of the SMUG group via ZOOM - especially the contacts and friendship during COVID.



Members are extremely considerate during the ZOOM session and we have all improved our Zoom etiquette of muting when necessary - everyone gets a say or has the opportunity to ask a question.

Ros is an excellent presenter and as a result of her preparation we stay on task more than in "on site" classes.

As I do not have a laptop to take to regular meetings I find the ZOOM meetings much more valuable. At home, I have an iMac Desktop, an iPad and an iPhone so am able to access and carry out all the activities "hands on" on my desktop while participating in ZOOM on the iPad. I have learned more skills this way.

- *Joan*

Zoom can be held at any time. It does not have to be class time. A major advantage for a desktop user is that I can work along with the lesson rather than sit and watch. Having less time than face to face means the lesson is more concentrated on the topics.

During Zoom , if lap top users get lost, they can share their screen and have one-on-one help after the lesson (If they try to do this during Zoom , it can be frustrating for others waiting).

I like Zoom as I can watch the video ahead of time and then go over it in class, fine-tuning what I did not get the first time around.

- *Marilyn.*

Test your vocabulary

In English, words that can have opposite or contradictory meanings depending on context, are called contronyms.

In the list below (thanks, Wikipedia !) one meaning is given. Can you supply the other?

1. **Aught**: All (for aught I know)
2. **Bill**: A payment
3. **Bolt**: To secure
4. **Bound**: Heading to a destination
- 5 **Buckle**: To connect
6. **Cleave**: To adhere
7. **Clip**: To fasten
8. **Custom**: A common practice
9. **Dust**: To add fine particles
10. **Enjoin**: To impose
11. **Fast**: Quick
12. **Fine**: Excellent
13. **Finished**: Completed
- 14 **Fix**: To repair, or to castrate
15. **Flog**: To promote persistently
16. **Garnish**: To furnish (food serving)
17. **Give out**: To provide,
18. **Go**: To proceed
19. **Handicap**: An advantage provided to ensure equality
20. **Hold up**: To support
21. **Left**: Remained
22. **Let**: Allowed
23. **Mean**: Average
24. **Model**: An exemplar
25. **Off**: Deactivated
26. **Out**: Visible (eg stars in the sky)
27. **Out of**: Outside
28. **Overlook**: To supervise
29. **Oversight**: Monitoring
30. **Presently**: Now, or soon
31. **Puzzle**: A problem
32. **Quite**: Rather
33. **Ravel**: To entangle
34. **Refrain**: To desist from doing a thing
35. **Rent**: To purchase use of something
36. **Rock**: An immobile mass of stone
37. **Sanction**: To approve

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The perfect riposte ?

Lady Astor to Winston Churchill: "If you were my husband I'd give you poison."
Churchill, in response: "If you were my wife, I'd drink it."

George Bernard Shaw to Winston Churchill: "I am enclosing two tickets to the first night of my new play; bring a friend ... if you have one."
Churchill, in response: "Cannot possibly attend first night; will attend second ... if there is one."

"He had delusions of adequacy." - Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." - Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway).

"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain

"He has no enemies, but is intensely disliked by many of his friends.." Oscar Wilde

"I feel so miserable without you; it's almost like having you here." Stephen Bishop

"I've just learned of his illness. Let's hope it's nothing trivial." Irvin S. Cobb

"He is simply a shiver looking for a spine to run up." - Paul Keating

"In order to avoid being called a flirt, she always yielded easily." - Charles, Count Talleyrand

"He loves nature in spite of what it did to him." - Forrest Tucker

"Why do you sit there looking like an envelope without any address on it?"
- Mark Twain

"His mother should have thrown him away and kept the stork." - Mae West

"Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde

"He has Van Gogh's ear for music." - Billy Wilder

"I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx

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

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

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

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

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.



True exchanges from *Disorder in the Courts*, as recorded by Court reporters.

Attorney: All your responses MUST be oral,
OK? What school did you go to?
Witness: Oral ...

Attorney: What is your date of birth?
Witness: July 18th.
Attorney: What year?
Witness: Every year.

Attorney: Doctor, how many of your
autopsies were performed on dead people?
Witness: All of them. The live ones put up too
much of a fight.

Attorney: At the moment of impact, what gear
were you in?
Witness: Gucci sweats and reeboks.

Attorney: Do you recall the time that you
examined the body?

Witness: The autopsy started about 8pm.
Attorney: And Mr Paul was dead at the time?
Witness: If not, he was by the time I finished.

Attorney: How was your first marriage
terminated?
Witness: By death.
Attorney: And by whose death was it
terminated?
Witness: Take a guess.

Attorney: This myasthenia gravis, does it
affect your memory?
Witness: Yes.
Attorney: And in what ways does it affect it?
Witness: I forget.
Attorney: You forget? Can you give us an
example of something you forgot?

"Lexophile" describes those that have a love for words. They like word plays e.g. *To write with a broken pencil is pointless.*

I changed my iPod's name to Titanic.
It's syncing now.

England has no kidney bank, but it
does have a Liverpool.

Pancakes give me the crepes.

This girl today said she recognised me
from the Vegetarians Club, but I'd
swear I've never met herbivore.

I know a guy who's addicted to
drinking brake fluid, but he says he
can stop any time.

A thief who stole a calendar got
twelve months.

When the smog lifts in Los Angeles
U.C.L.A.

A dentist and a manicurist married.
They fought tooth and nail.

I got some batteries that were given
out free of charge.

A will is a dead giveaway.

With her marriage, she got a new
name and a dress.

Did you hear about the fellow whose
entire left side was cut off? He's all
right now.

Police were called to a daycare centre
where a three-year-old was resisting a
rest.



Tattoo of the year

I'm reading a book about anti-gravity.
I just can't put it down

Acupuncture is a jab well done.
That's the point of it.

I didn't like my beard at first. Then it
grew on me.

A bicycle can't stand alone; it's just
two tired.

The guy who fell onto an upholstery
machine last week is now fully
recovered.

When she saw her first strands of
gray hair she thought she'd dye.

When chemists die, they barium.

I stayed up all night to see where the
sun went, and then it dawned on me.

What is the most British gag ever?

Submitted entries:

Two blondes walk into a building. You'd think at least one of them would have seen it.

A termite walks into a bar and asks, "Is the bar tender here?"

What do we want?
Low-flying aeroplane noises. When do we want them?
NNNNEEEEEOOOOOO
WWW!

What do Alexander the Great and Winnie the Pooh have in common?
Same middle name.

Murphy's Law says that anything that can go wrong, will go wrong. Cole's Law is thinly sliced cabbage."

Apparently you can't use *beef stew* as a password. It's not stroganoff .

I googled *Rorschach test*, but all that came up were pictures of my parents fighting.

If you 10 apples in one hand and 14 in the other, what do you have?
Really, really big hands.



SAVE THE DATE!
THE END OF QUARANTINE
WAS JUST ANNOUNCED
OCTEMBURARY 54TH

Contronym answers

1. **Aught:** Nothing
2. **Bill:** Invoice for payment
3. **Bolt:** To flee
4. **Bound:** Restrained, kept back
5. **Buckle:** To break or collapse
6. **Cleave:** To separate
7. **Clip:** To detach
8. **Custom:** A special treatment
9. **Dust:** To remove fine particles
10. **Enjoin:** To prohibit
11. **Fast:** Stuck or made stable
12. **Fine:** Acceptable, good enough
13. **Finished:** Ended or destroyed
14. **Fix:** To castrate
15. **Flog:** To criticise or beat
16. **Garnish:** To take away (wages)
17. **Give out:** To stop because of a lack of supply
18. **Go:** To weaken or fail
19. **Handicap:** A disadvantage that prevents equal achievement
20. **Hold up:** To impede
21. **Left:** Departed
22. **Let:** Hindered
23. **Mean:** or stingy, or excellent
24. **Model:** A copy
25. **Off:** Activated, as an alarm
26. **Out:** Invisible (eg lights)
27. **Out of:** Inside, as in working out of an office
28. **Overlook:** To neglect
29. **Oversight:** Failing to oversee
30. **Presently:** Soon
31. **Puzzle:** To solve a problem
32. **Quite:** Completely
33. **Ravel:** To disentangle
34. **Refrain:** To repeat
35. **Rent:** To sell the use of something
36. **Rock:** A shaking or unsettling movement or action
37. **Sanction:** To penalise

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. That portion will darken.
5. Release the mouse button. You will hear a camera click.
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.

Quick 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 as well.

Anyone wanting to join now will be charged only \$25.

Request for help

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

If you are interested in doing any of the courses (see page 7, or go directly to <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. Page 24 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.)

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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.

Website: www.u3anriv.org.au

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

End of term

Friday 25 September

Deadline

for next newsletter

watch e-board

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