

U3A Clarence Newsletter August 2020

U3A CLARENCE INC.
A University of the Third
Age
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**At present U3A
Clarence is operating in
a limited way due to
COVID - 19. This
newsletter explains
what is available.**



President's Message to Members – August 2020

Wednesday 12th August 2020

Dear members of U3A Clarence,

Our committee met again to review our situation and with COVID-19 still active around us, we have reluctantly decided that no formal classes will be held in Term 3. Your health and the health of your friends are foremost in our minds. The Library is also placing restrictions on the use of their meeting rooms, with limits on numbers and only releasing some rooms, therefore we cannot hold classes for the rest of this year. Even the AGM could be in doubt; the committee has been asked to continue on to next year. In this event we shall be distributing a President's Report and the audited Annual Financial Report.

However some of the smaller classes like Spanish, French and Astronomy via Zoom have taken the initiative to meet safely and continue their planned programs. These informal get-togethers of smaller groups are a great way to keep in touch with your friends.

Your committee continues to meet on a regular basis to review the situation with regards to the Library and state directives.

Looking to the future, we all hope that next year the situation will improve and that we can then commence with the program that was planned for this year. Your membership subscriptions will also carry over.

Yours sincerely,
Len Spaans
President Clarence U3A

Activities for the rest of the year at U3A Clarence

A few of our members have offered to coordinate various activities to give other U3A Clarence members an opportunity to get together. If you are interested in any of these things, please get in touch with the person listed coordinating.

Line Dancing Jill Canton 0419 578 885
Friday 10am
\$10 per hour
St Marks Hall, Bellerive

French or Italian Robert Hughes hughesrobertjohnn@gmail.com
Discussion group Pat Jeffery pjeffery18@bigpond.com
Discussion of issues

Chess Ron Limb 6247 2114 or
ronlimb1@gmail.com

Golf Len Spaans lenspaans@gmail.com
Cribbage Bill Bouffler 0480 200 688

As always, U3A Clarence is looking for people to help out. If you are interested in coordinating an activity our members may be interested in, please contact me to let everyone know.

Thanks to everyone above who has already offered.

Carol Rossendell
Course Programmer
0409 698 198 or carol.rossendell@gmail.com

INVITATION TO PARTICIPATE IN AN ONLINE RESEARCH STUDY OF FACE NAME MEMORY TRAINING IN OLDER ADULTS:

U3A members are asked to consider participating in a research study being conducted by the Department of Psychology and Counselling at La Trobe University under the supervision of Dr Kerry Pike. We have been approached by students from the Department to advertise this study.

Research Study Title: The effectiveness of face-name memory training in older adults

This research is being done to learn more about the effectiveness of memory training for remembering names to faces in people over 60 years old. We are looking at whether learning specific strategies improves their ability to remember names, and what factors might influence this. The study is being conducted online (i.e. on the Internet).

Why are we doing this study?

The reason we want to know more about the effectiveness of face-name memory training is because forgetting names is one of the most common memory difficulties, and can lead to people withdrawing socially, reducing quality of life. The memory intervention involved in this study will be relatively short in time and is empirically supported to improve everyday memory performance and confidence.

Participating in this study?

We are looking for volunteers aged over 60, able to read and speak English proficiently, with normal or corrected to normal vision and hearing. They need access to a computer and the Internet. They must have no current diagnosis of neurological disorders (e.g. dementia) or psychiatric disorder, e.g. schizophrenia. They need to be able to complete tasks independently.

The Study Involves:

For people who decide to participate they will be asked to:

- Complete two questionnaire packages on the Internet, two weeks apart

- Practice learning names every day for two weeks

- Depending on the group they are allocated to, they will be provided with information on different memory strategies.

All participants will have the opportunity to enter the draw to win one of fifteen \$50 gift cards. If members of your community are interested in participating, they should click this link to start the questionnaire:

> https://latrobe.co1.qualtrics.com/jfe/form/SV_cZI8WMK5o0LUBi7

If you would like more information or are interested in being part of the research study please contact: Kiki and Sherry – Student Investigators

Email: 20778150@students.latrobe.edu.au

20613687@students.latrobe.edu.au <mailto:20613687@students.latrobe.edu.au>

This research has been reviewed and approved by The La Trobe University Human Research Ethics Committee. If you have any complaints or concerns about the research study please email humanethics@latrobe.edu.au <mailto:humanethics@latrobe.edu.au> or phone +61 3 9479 1443 quoting the following number HEC20218.

Yours sincerely,

Kiki and Sherry

Student investigators

(I hope this is clear enough for interested U3Aers – the information sent came to the Editor via several computers and needed substantial rewriting – ie. It didn't download correctly to anyone's computer but arrived almost like a foreign language!)

Rosny Library have asked us to inform you of activities they are running at the Library during National Family History Month. Below are links to presentations they are giving in the last weeks of August when hopefully the weather is a little more reasonable! 21st August – Family History sessions.

Rediscover Trove

Trove has had a makeover! Join us for a guided exploration of the new and improved Trove website.

Friday 28 August 10.30 – 11.30 am

<https://www.eventbrite.com.au/e/rediscover-trove-rosny-library-tickets-115161091926>

As these activities are currently modified to meet public gathering restrictions, we have limited spaces available.

We ask that you please register on [Eventbrite](https://www.eventbrite.com.au/e/rediscover-trove-rosny-library-tickets-115161091926), or call Rosny Library to make a booking on 6165 6448. If you are no longer able to make an activity, please let us know so that others don't miss out.

Due to this service being modified we request that:

- You maintain physical distancing during the program
- You do not attend if you are unwell
- Practice good hygiene. We will provide sanitiser for you.

Your Morning tea joke for August, presumably from Len?:

Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress.

The groom broom was handsome and suave in his tuxedo.

The wedding was lovely.

After the wedding, at the wedding dinner, the bride-broom leaned over and said to the groom-broom,

'I think I am going to have a little broom!'

'IMPOSSIBLE !' said the groom broom.



'WE HAVEN'T EVEN SWEEPED TOGETHER!'

Note from the Editor:

If you have found websites or pursuits you would like to share with our members, or have written some pieces you think would be suitable for the next newsletter, please send them to anna.melton@internode.on.net

We will include them in further newsletters if we have space... Hopefully our writing groups have not put down their pens!

A COVID 19 Lament for Seniors August 2020

(Jean Grosse- with acknowledgement to Jan Beaumont, NZ)

I'm normally a social bird who loves to meet & hug my mates
But since we've had the virus here, we can't go out the gates.
And it doesn't really matter if you've always been a hugger
The virus rules say we're '*distancers*' - all I can say is '*bugger*'!

Oh are you one of the 'oldies' now, who's supposed to stay inside
If they keep us out of sight, they'll think we've upped and died!
You'll never believe the things we did before we got this old
There wasn't any Facebook then, so not everything was told.

We may seem like sweet old ladies who would never be uncouth
But we grew up in the sixties- if you only **knew** the truth.
There was sex and drugs and rock 'n roll, the pill & miniskirts
We smoked, we drank, we partied, & were outrageous flirts.

We all settled down, got married, & turned into someone's mum,
Somebody's wife, then Nanna, who on earth did we become?
We didn't mind the change of pace because our lives were full
But trying to bury us now, **before** we're dead, is red rag to a bull!

Oh we have to be stuck inside now, for three months - maybe more.
If we're lucky we can buy enough toilet rolls, before we shut the door.
It's really begun to bother us, all this just whiling away the hours-
We'd bake some cakes for grandkids, but we've got no bloody flour!

They say Netflix is just wonderful – but we like our old movies more,
Now we can sleep right through them 'cos we've seen them all before!
They say that we've got Facebook to keep all our friends in touch
But that thing doesn't value privacy - so we don't like it very much.

They say you can still have meetings if you get yourself on Zoom
But they ain't really meetings, when you're all in different rooms.
At least we've got a stash of booze for when we're being idle
There's wine and whisky, even gin, for when we're feeling suicidal!

So let's all drink to Lockdown, to our recovery and health
And hope this bloody virus, doesn't totally decimate our wealth.
We'll all get through this crisis, once we're back there with our mates
But remember *social distancing* as you squeeze out through the gates!

THINKING OUTSIDE THE SQUARE: U3A ONLINE:

And now an article from the Newsletter Editor about some other options. Jean Walker, President of U3A Glenorchy, is also President of U3A Online, which operates internationally, not just within Australia. She has provided me with pamphlets and a PDF about some of the courses on offer. I will attempt to give a summary here, but please go to the website and have a good look if you think you may be interested. I certainly found a huge diversity of topics covered in the courses; many looked terrific. Please note, Online U3A can cater for many interests, but don't try to enroll in Line Dancing or Singing Ensemble!

U3A Online caters for any who are isolated by disability, geography, etc., but also to other U3A members and older people generally. You can become a member and have full access to courses, information and assistance. Membership is yearly, but enables you to enrol in as many courses as you wish, a small extra charge being levied for courses with a Course Leader. There is a Members' Area and Discussion Forums to be involved with as desired.

The course offerings change from time to time, but the range is constantly growing. Visit www.u3aonline.org.au to see the current list and get more details if you are interested. The PDF Jean sent me had a large list of courses, some short 'tasters' but mostly longer courses. Topics included Australian History, English Kings and Queens, Astronomy, Number Theory, Geometry, Writing and Creativity courses, Psychology courses, Retirement strategies, Philosophy, Digital Photography, Geology, History of Food and much more.

Jean also forwarded a website with loads of resources for happy hours of investigation, eg. virtual museum visits and much more. I've had a quick look and I'm sure we could all find something of interest in this resource developed by a lady in the United Kingdom. U3A Online have suggested it for their own clients while many have been in lockdown.

Website:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

PAT JEFFREY'S Christmas Luncheon report and poem:

The social highlight of Term 3 was, as usual, the Christmas Luncheon. Those of us who arrived on time (or so we thought) were greeted with a noisy hubbub from those who had already filled the room with chat and cheer.

Ann's catering never fails to live up to expectations, no matter how high we raise them. I just wish I could do more justice to the magnificent spread which appears with so little apparent effort. Entertainment was provided by Bev and Regan with their dancing troupe and choir. The raffle raised whopping \$517 which was donated to the ABC Giving Tree.

Thank you to the organising crew who do such a wonderful job each year to ensure that a great time is had by all.

'Twas the month before Christmas, a time of good cheer,
When all thoughts turned to the event of the year.
It was at Howrah we met, dressed up to the nines,
And as instructed we stood in straight lines.

Gravy and sauces, turkey, chicken and lamb,
Salads and veggies and did I say ham?
All were served by Anne and her wonderful crew
With a cheery smile and how do you do.

Songs of the season gave our tummies a rest
We could then get on with the rest of the fest.
The raffle was met with laughter and glee.
With the proceeds supporting the Giving Tree

The pudding parade was met with claps and a cheer
As it does every time the puddings appear.
Pavlova and mousse, custard and cream,
A little fruit salad completed the dream

Coffee or tea and a chocolate or two
Then we sat back with nothing to do
We had a great time as we always do
To all who made it happen a huge THANK YOU!