



# IN TOUCH



Port Stephens Third Age  
Learning

## FROM OUR PRESIDENT

Hello members

As you are all aware, we are in lockdown again and U3A classes have been stopped. This is a great disappointment to us all but not that unexpected. Since it is now likely to be a long lockdown, it is also impacting other activities and the trip to Tanilba House on 19<sup>th</sup> August is cancelled and the trip to the Archibald exhibition in September is doubtful.

There is also a chance that our Anniversary party in October may be cancelled. We will keep you posted on all these activities. If you know a member who does not get email, please keep them informed and look out for each other.

It is hard to find some good news on the TV at the moment. My wife and I have now had all our vaccinations and most members I have spoken to have also had theirs. This is encouraging as it seems the best defence against the Delta variant and our best hope for resumption of classes is high levels of vaccination.

So, stay safe and take the opportunity to catch up on your book list, do crosswords or complete that big jigsaw that you have put off doing. Let's just hope that by October we can start the new term free of Covid worries.

Best Regards,

PSU3A President

## WELCOME TO "IN TOUCH"

As we struggle though this lockdown and are missing our classes, we are looking at ways to keep in touch with members. Taking our lead from other U3As, we are starting what we hope will become a regular means of reaching you.

This time the Committee has pulled the items together but in future we would like it to be **your** news-sheet so if you have an interesting story to tell, a poem you have written, some jokes to tell or photos you have taken please submit them via the U3A email so we can work together to keep morale up.

*In Touch* Editor

## CAN WE ZOOM BACK TO CLASS?

With the increasing case numbers over the last 7 days, we have to be realistic and assume that courses will not resume this term and look for alternatives. The Discussion group has restarted using "Zoom" over the internet and we hope other presenters may consider this if the method is appropriate for their class material. All members who are logged in appear on the screen for discussion and a PowerPoint presentation can easily be shown.

Zoom can be used on any computer, smartphone or tablet as long as you have a camera, microphone and speakers and an email account. It is very easy to use for class members and the presenter just needs to download the Zoom software and invite members to join in via email. You just need to remember not to have yourself "muted".

It would be good if we can get some activities going in some way to help keep us positive.



## UPDATE

We have been given further information about “Holy Crap What Are They Doing Now?” the book project from Southlakes U3A. The topics **are not limited** to U3A activities and adventures but any story reflecting the depth, breadth, joys and value of life experiences of our older demographic. Get writing!!

Contact the *In Touch* editor for the email address



## WALKING ADVENTURES

“Its amazing the places you find on your doorstep”

This year we have enjoyed many walks in various locations in beautiful Port Stephens. We participate in friendly, informal walks whilst enjoying nature and the outdoors around the bay and invite everyone to join us for a well earned lunch at various venues afterwards. The walks cater for those who prefer a shorter, casual walk and we also have a longer option for those who enjoy to walk and take in more of the scenery.

We have roamed through bushland and along paths, seen whales and wildflowers. From Fingal firetrails, to the Blue Lagoon of Salamander and National Park at Boat Harbour or the paths of Dutchies and Little Beach we cover a lot of ground.



Come and join us!

View of Tanilba Bay, NM

## ZOOM—Take #1. Discussion, from the convenor CP

Presenting the first Zoom sessions for U3A Port Stephens was something of a challenge. Firstly connecting and getting audio and video to work proved difficult for some. The next challenge was to screen share a PowerPoint and video. Sound for the video was the big issue, at first I got none at all. Then I found a box that needed to be ticked for sound sharing and PRESTO! We were away! All could be seen and heard. I look forward to many more sessions. Hopefully not too many before we can be back together, face to face.

## A POEM FOR THESE TIMES

Another day has dawned its beauty is revealed  
But the morning news is crushing  
I think our fate is sealed 😞

We must confine ourselves no family, friends allowed  
What's going on I say I could scream out loud

Now let me think about it I'll make a change of plan  
First, cancel eating out today Such freedom has been banned

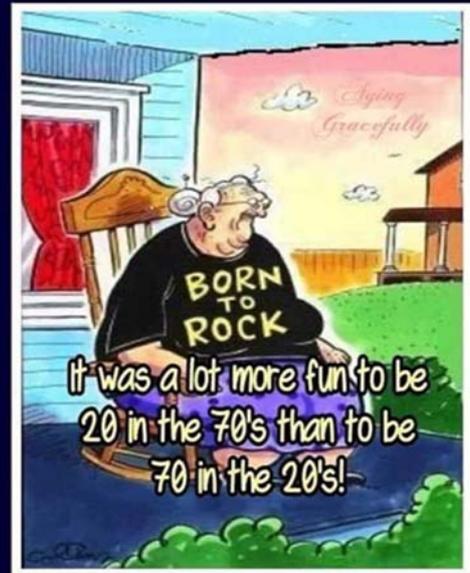
So into the kitchen Where I'll cook up a storm  
Maybe Prawns Spaghettini Then some joy will be born

Yum, it's delicious Just enjoy the scrumptious taste  
Dam what a pity -can't enjoy it with a mate

Then out with the scrabble, chess or whatever  
To win against myself Shall be my endeavour

No don't wallow in gloom and introspection forever  
We'll soon be dancing in the streets

Having lots of fun together 😊  
Yeah!



## KEEP SMILING

What's the best thing about Switzerland?

*I don't know, but the flag is a big plus.*

Did you hear about the mathematician who's afraid of negative numbers?

*He'll stop at nothing to avoid them.*

Why do we tell actors to “break a leg?”

*Because every play has a cast*

JP

HK