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Spring Newsletter
September 2022

President's message :

Greetings everyone

How wonderful to see that spring is here and we now have longer days and with a bit of luck, less rain. It has been good to see so many spring flowers to brighten our day and I have attached a photo out of my back window as the flowers were starting.

I trust that you have all recovered from the sudden news of the death of the Queen. She has been there for almost all our long lives and the change is hard to accept. We have also lost so many others recently and I certainly will miss Judith Durham amongst others. The thing that they all had in common was that they put in a big effort into their lives and gained immense satisfaction from that. That is all we can ever wish for.

Covid is now widespread in the community and is getting into most aged-care homes. The deaths in aged care are now very much greater than in the terrible early Covid days. Clearly we still need to take lots of care even though vaccination is high and the hospital cases are at last reducing.

Our U3A is slowly transitioning out of the Covid doldrums and last term we were back to a very full program. I remain impressed at how well our program coordinator manages all the challenges in developing the program each term. It is good to have classes such as *Ancient History* back in full swing except our historian will be away during October to conduct "research" in Mungo National Park.

We also had some great new courses to expand our program. A very interesting new course called "*Flavour of Italy*" had an excellent rollup. It is most enjoyable to see, hear and taste Italy once more. We even had a song at the session I attended.

Another new course started called "*Fun with a Ukulele*" and it is fully booked out. I visited a session and it was clear that they were having enormous fun and thankfully I still have haven't had any noise complaints from the library.

We also have two new classes starting this coming term. First up, a new exercise course called "*Move It*" which is a new light aerobic dance style exercise class. It has always amazed me that so many attend the Tai Chi classes and Balance and Bones and of course the splendid walks. This therefore should also attract large numbers and there is now no excuse for us not to be fit.

Next starting is a great new course called "*Learning to Draw*". This is a class for those new to drawing or with some experience. Drawing and sketching is a great way to relax so come along and join this fun group. It has been a few years since we had a drawing class so this will be most welcome.

We had some very impressive guest speakers last term and we have three great speakers lined up for this term. Please note the minor changes to the two Tai Chi classes on Monday. All the details are in the new program and don't forget to register for sessions.



We are pleased to announce that we have booked 12.00pm on Wednesday 30 November for our big **Christmas Luncheon** at the Saltwater Restaurant, Fingal Bay. This is always a great function so please put a note in your calendar. The real surprise is that Christmas is so close again. Are the years getting shorter or is it just me?

And speaking of Christmas, we will also have our special Christmas party at the final Cuppa & Chat of the year on Wednesday 7th December so please put a note on your calendar.

On 10th November there will be a demonstration by **Hunter Heart Safe** volunteers to show us the basics of CPR (Cardiopulmonary Resuscitation). This includes manual CPR and in the use of an AED (automated external defibrillator). We have one of these life-saving devices on the wall next to the main entrance and it would be good if we can have enough members with this training so that we always have a trained person at all our activities.

As I mentioned at our C&C, your committee has been working for quite a while on a new constitution. We needed to upgrade our existing constitution for several reasons - to permit electronic meetings and voting using such things as Zoom and many other required legalistic additions.

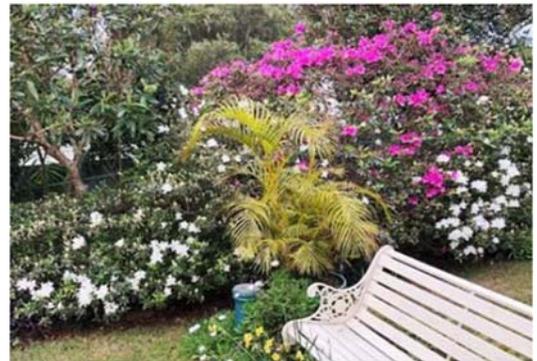
It turns out that it was easier to take and modify the new model constitution that NSW network prepared than to update the present one. All the mind-boring considerations of this lengthy document are complete and we should have the constitution ready for you to look at soon. The aim is to have it voted into being at the AGM at our Cuppa & Chat in November so be on the lookout for details over the next month or so.

Masks are no longer required but feel free to use them if you wish and please stay at home if you have Covid or any symptoms that may be Covid or influenza.

You still need to register for most of our courses. Just contact the course leader as per the instructions in the program and you will need to enrol for each of the guest speakers individually.

There is no need to enrol for Bowling on Wednesday or for the Thursday walks.

Thanks, Alan



Up and coming dates for your diary:

- Our term 4 begins on Monday 10th October
- Next Cuppa and Chat meetings are on 5th October and 2nd November at 2:30pm
- Our 2022 AGM is on the 2nd November before the Cuppa and Chat
- Hunter Heart-Safe are here on 10th November
- Christmas Luncheon is Noon on Wednesday 30th November
- Term 4 ends on Friday 2nd December
- Christmas Party is 2.30pm on Wednesday 7th December

