



## CITY & INNER WEST REGION NEWSLETTER MAY 2020

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### PRESIDENT'S MESSAGE: U3A CITY & INNER WEST REGION

As we are all aware it has been difficult to offer courses to members during this time of the COVID-19 crisis. However your Committee is working hard to remedy this. Not surprisingly it turns out our leaders are very resourceful people and many are continuing to present courses in a modified way, via email and even using YouTube. One of the lunch groups, because they cannot meet at restaurants now, are exchanging recipes.

The new method of communication, which I am sure you would have heard of by now, is ZOOM and we are currently contacting leaders so that we can start ZOOMING. You can participate in a Zoom lecture using your mobile phone, tablet or computer.

If you have not yet used Zoom we can provide easy-to-understand instructions - so watch this space.

Jennifer Waldron  
President, Sydney U3A City & Inner West Region

### QUOTE OF THE MONTH - SOUND FAMILIAR?



*"When I woke this morning, I thought it was Saturday. I am so used to having a specific thing to do every weekday from Monday to Friday. The seven day weekend is throwing me!"*

John Hepworth

Please send articles or "snippets" for the Newsletter to [u3a.innerwest@gmail.com](mailto:u3a.innerwest@gmail.com)  
Thank you everyone for your contributions this month - Ed.



## A Zoom Experience

Many of you will remember with enormous fondness the SU3A sessions of 'Take Me to the Opera' which Lauris Elms led for many years at the Newington Community Hall. Well Lauris also started a choir at the same venue, and this has continued as the Newington Community Choir, under the umbrella firstly of Auburn Council and latterly as one of Parramatta City Council's 55+ programs. It meets in school terms on Friday mornings with Lara Barazi as our choir mistress.

Because of the virus, I apologised for not coming to our assembly on March 20<sup>th</sup>. 'Not a problem', said Lara, 'I will send you the instructions to join us on Zoom!' And I did! It was easy, even though the outcome was hilarious, and in less difficult times would actually have been deemed dreadful. But hey! We are all on a learning curve, not the one we thought we were on, but something different with surprising results.

Since then our SU3A committee has had a very successful zoomed meeting. Book clubs, film groups, language lessons and discussion groups are still connecting on line. All this in less than a month. The Board of Management has set up a 'Zoom Group' to advise on the myriad practical issues that are involved in the use of the technology. It all goes to illustrate the benefits, practical and social, in acting positively to a challenge. And at the end of the crisis what a celebration we all shall have!

Joy Pegler Bankstown Area Venue Coordinator

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## C&IW U3A CREATIVE SOLUTIONS - USING SKYPE

### THE FILM GROUP - REVESBY WORKERS' CLUB

Our Film Discussion Group with their Leader Robyn Deane, had their inaugural meeting via Skype on March 24<sup>th</sup>. So there are opportunities for continuing some U3A sessions albeit with some changes. With this group, the films to be discussed at the next meeting were viewed on Netflix or SBS On Demand.



Joy Pegler Venue Coordinator

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## OUT THERE - VISITING REGIONAL GALLERIES - A VIRTUAL GALLERY EXPERIENCE

The leader of 'Visiting Regional Galleries', **Joanne Gordon**, received a huge response after sending the 'online Galleries' information to class members, encouraging everyone in keeping minds busy and helping to occupy the hours during the pandemic lockdown.

Joanne said her classes are going well. Good work Joanne and well done!

Bobbie Kersten Coordinator

Photo: Powerhouse Gallery and Arts Centre, Casula.



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## LEICHHARDT/HANNAFORD CENTRE

It's amazing how easy it is to do nothing! And yes, the days drift by with all those 'ought to do' things, still waiting to be done. However....

It's been great to hear from those of our Leaders who have taken the initiative and kept their courses running online. Congratulations also, to those of our members who have fronted up to technology that they may not previously have tried. Keep an open mind! It may be easier than you think!

A questionnaire sent from the C&IW Committee to all our leaders has revealed that of our Hannaford Centre leaders, **Michael Georgeson** reports he is offering studies for his group via email, and **Rhonda Stien's** Discussion Group has been meeting online, via Zoom. Good for them! **Pia Ottavian** (Leichhardt) has also been keeping in touch with those in her Intermediate Italian group who are interested in continuing their studies.

For the members who made Leichhardt Library their Friday morning home, the news is that we are working on requesting speakers who have sessions available, to offer them to us for a feed via Zoom at a time to be decided. Keep an eye out for more information on this.

All the very best to everyone at this time...

Barbara Burton Venue Coordinator (Leichhardt and Hannaford)

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### ZOOMING ALONG...

### 'STRUMMIN' WITH JEN' AT GLEBE



Some of the Glee Bees 'Strummin' with Jen' U3A Ukulele group have been keeping themselves busy tuning into online sessions whilst we are in isolation in our beehives!

Every Wednesday night at 7.30pm we have been invited to join a *Zoom* workshop with the Blue MUGS. Jen leads the odd song or two. Please go into Facebook Blue MUGS Online Events.

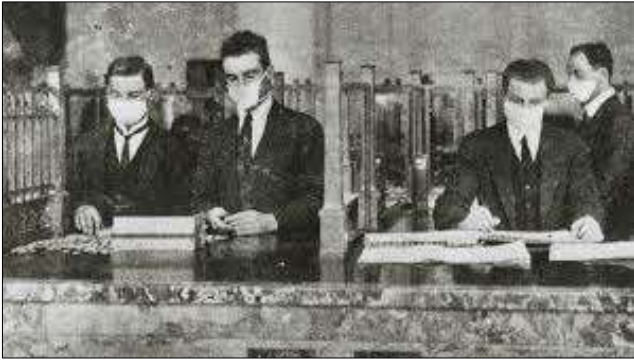
The site lets you know what is coming up on Wednesday and Sunday afternoons (2.30pm). It is handy to go online a bit earlier as there are friendly faces to give advice and help out with Zoom questions. There is a dropbox at the end of the information which allows you to print off the song sheets. If you have the Blue MUGS song books 1 & 2, there is no need as all the songs can be found there.

There are also lots of ukulele tutorials online for you to strum along with as well if this would suit you better. Some suggestions which people are finding helpful are: Cynthia Lin Tutorials, Justin Guitar & Tutorials and Rocky Mountain Ukulele Orchestra. Just Google these on your YouTube.

Until we meet again in our U3A courses, happy strumming! We are hoping we can start our U3A Zoom online Ukulele Course from July onwards.

Pauline Valentine Venue Coordinator

**From the Archives: 100 Years Ago - The Great Flu Epidemic 1918-1920**  
**"KEEP AWAY FROM SYDNEY" ... "ASSEMBLAGES OF PEOPLE ARE FORBIDDEN" ...**



Bank Tellers 1919 smh.com.au



Wearing Masks in Public 1919 arc.parracity.nsw.gov.au

*The greatest care and cleanliness should be practised during the influenza epidemic. Disinfectants should be liberally used, masks worn and crowding avoided. Keep away from Sydney.*

Windsor and Richmond Gazette, 7 Feb, 1919



Manly Beach 1919 smh.com.au

*The Unification meeting advertised for tomorrow night will not be held, owing to the Government prohibiting assemblages of people during the influenza epidemic.*

Windsor and Richmond Gazette, 7 Feb 1919



Masks on - even the family pet!

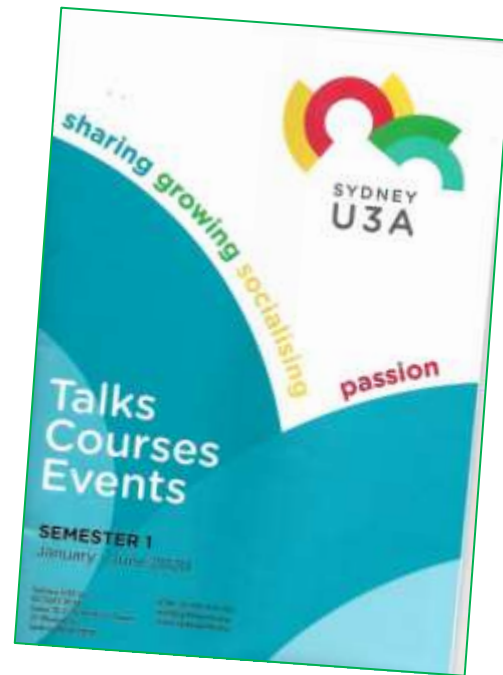
pinterest.com

For a time during the flu epidemic, it was compulsory to wear a mask in public and then as now, there were varying opinions as to the efficacy of such practice. Places of entertainment such as cinemas, theatres and dance halls were closed and for the first time, the Sydney Easter Show was cancelled. Churches were closed and Empire Day celebrations were impacted.



A Volunteer is acknowledged by the NSW Department of Public Health

Ronda Gaffey (Editor)



**WE WILL BE BACK SOON**

**IN SHARING - GROWING - SOCIALISING**

**& WITH RENEWED PASSION!**