



STAY CONNECTED CENTRAL OFFICE NEWSLETTER



Welcome to Volume 8 of Stay Connected

A big thank you to the many members who have expressed pleasure in receiving and reading *Stay Connected*. Keep your contributions coming - email vppr.sydneyu3a@gmail.com

On a personal note I have been truly inspired by the willingness of our membership to harness new methods so that they can keep their minds stimulated and can continue that important contact with their Sydney U3A family. The energy, good will and enterprise has been magnificent. Heidi Kleckin's response, which is published later in this newsletter, is typical of the attitude of our membership.

Our members have also expressed much appreciation of the leaders who have provided courses and talks via Zoom and other communication platforms. They have also enjoyed the many book, gallery and music website recommendations and puzzles provided by other members. Sydney U3A is a great organisation made up of great people.

Dianne Ekert
VP Public Relations

RESUMPTION AND COURSE BOOK

Whilst we are hopeful that there will be a resumption of face-to-face activities **from late August**, regrettably we are unable at this stage to be more specific. It is possible, however, that some venues may open earlier. It is not simply a matter of picking up where we left off when restrictions are eased/lifted. Arrangements need to be coordinated with a variety of entities and in compliance with NSW Health Department and venue owner requirements.

Due to the uncertainty, we will not be printing a Semester 2, 2020 course book. Course details for your region will be made available to you as soon as we have definite information relating to resumption of classes.

Sydney U3A currently has two IT volunteer positions available



POSITION 1 - WEB MASTER

WEBMASTER EXPERIENCE IN WORDPRESS NEEDED TO MANAGE THE WEBSITE SO THAT IT HAS A STRONG CONTEMPORARY IMAGE THAT CLEARLY ARTICULATES SYDNEY U3A INC BRANDING AND VALUES

The website comprises a home page containing central office news and information plus additional pages for Central Office newsletters, course book, forms, Constitution etc. There are also individual pages for each of the seven regions. Regional editors maintain these regional pages. The website is hosted by an external organisation and the system software is WordPress.

The webmaster will work closely with the Board of Management (BOM) and will be the liaison point with the web hosting company. He/she will also act as the contact point for the regional editors.

Key tasks will be to:

- Establish a strong contemporary image for the site
- Maintain the home page and associated pages in accordance with BOM requirements
- Act as liaison officer with the web hosting company
- Set standards on structure and in conjunction with regional editors consistent writing styles and fonts
- Set up and manage access permissions of regional editors
- Provide technical support to the regional editors
- Set up links
- Trouble shoot
- Monitor web usage and provide a quarterly report
- Interact with VP Public Relations re social media activities

This position, like all other U3A roles, is a voluntary. If you have the skills and would like to assist or if you require further information contact Judy Harris, President. Email president.sydneyu3a@gmail.com

POSITION 2 - Social Media Facebook

Sydney U3A is endeavouring to expand its on-line media presence by providing an additional forum for member interaction and communication. We are looking for a member who is experienced in setting up Facebook pages to assist.



In this role you will work with the VP Public Relations and the PR team to create a Facebook Page. You will be responsible for managing the page in accordance with approved marketing objectives and for preparing a monthly report on usage etc.

If you have experience in posting comments, preparing and sharing photographs and posting links to other organisational content on the web via Facebook, then we would like to hear from you. Although not essential it would be ideal if you also have experience in EDM creation and management.

Like all other U3A roles, this is a voluntary position. Contact Dianne Ekert, VP Public Relations - email **vppr.sydneyu3A@gmail.org**

MEMBER JOANNE GORDON HAS LET US KNOW OF SOME INTERESTING ON-LINE ART GALLERIES TO VISIT

Well good news that lockdown restrictions are being eased and Galleries are reopening but frustrating for us not being able to resume our Saturday journeys, so online is the way to go for a while yet. Here a few more websites for your enjoyment.

Golden Age Cinema, a small movie theatre in Surry Hills is streaming a cinema experience "Movie Night" for a small fee. Even if you're not interested in the movies the story of the theatre is an interesting read.

<https://www.ourgoldenage.com.au/about/story>

<https://movienight.ourgoldenage.com.au/>

Amongst lots of wonderful things to see on the National Portrait Gallery website the link below is the current exhibition of Shirley Purdie's Self Portrait.

[https://www.portrait.gov.au/searchresults.php?person=-](https://www.portrait.gov.au/searchresults.php?person=-1&redirect=&query=Shirley+Purdie+)

[1&redirect=&query=Shirley+Purdie+](https://www.portrait.gov.au/searchresults.php?person=-1&redirect=&query=Shirley+Purdie+)

QUT Art Museum's 'Rite of Passage' is a group exhibition curated by Shannon Brett, as a response to the significance of the year 2020 - 250 years since James Cook first arrived on our shores.

<https://www.artmuseum.qut.edu.au/whats-on/2020/rite-of-passage.php>

THOUGHTS FROM OUR POPULAR LEADERS AND STAY CONNECTED CONTRIBUTORS JOHN FLINT AND NORA HINCHEN

While we will be presenting and viewing via Zoom over the next few weeks, we eagerly await a return to normal life. This is not intended in any way to downplay or underestimate the tremendous efforts made by the U3A teams to keep things going. These efforts were ably acknowledged in the latest Newsletter. At present we have no alternative if we want U3A to survive, as we ourselves certainly do, having participated in presenting and attending for over 10 years at several sites.

Having expressed our views about the downside of Zoom in an opinion piece titled *Zoom and U3A - a philosophic reflection*, we were interested to read them reflected on a broader scale in the *Sun-Herald* of 24 May in an article by Michael Koziol, *Normalising working from home will kill off society*.

The article focuses on working in the office as opposed to at home, but it applies just as much to U3A. It is well worth reading and reflecting upon.

The final words of the article are:

Going into the office (read U3A) means you change your scenery, your outfit, your audience and, yes, yourself. And I think that's great.

Let's resist the instinct of the technological evangelists to lock us up inside forever with nothing but the internet to bring us together. Returning to the office must be done safely but it should, at some stage, be done.

John Flint 18525 & Nora Hinchén 17683

FROM HEIDI KLECKIN GREATER WESTERN REGION

Thanks so much for last newsletter on Staying Connected, I can't thank you and all other U3A volunteers enough for your invaluable work you do, even more so during the current situation with Covid19. As Judy Harris put it, we can call ourselves Baby Zoomers! - Zoom has opened so many doors for us all. I've often felt overwhelmed by technology changing speed and yet, also blessed by the many ways we can keep active at this age. I've learned how to "zoom in" what advancement I can adopt to fulfill my needs and to simply enjoy my level of understanding.

Keep safe and healthy.

Kindest regards,
Heidi Kleckin

SOUTH SYDNEY HERALD ARTICLE

Andrew Cullen the Assistant Managing Editor of South Sydney Herald has given permission for us to publish his article on U3A and the talk he attended at the Epping Leisure Centre. Andrew's article appeared in the South Sydney Herald.

"Sydney U3A (University of the Third Age) is a not-for-profit volunteer-based organisation providing continuing education for people who are no longer in full-time employment. Courses and talks are conducted in a relaxed environment and participants are given opportunity to form enduring friendships while learning something new.

A cursory look at this year's program reveals courses in Japanese, Spanish, Italian, French and English, ancient Greek drama, philosophy, cryptic crosswords, croquet, social issues and current affairs, creative writing, meditation, contemporary art, history of the development of plastics and laughter wellness. Something for everyone!

A notice on the U3A website dated March 18 advises that courses are cancelled until at least June 30. Membership will be extended by the period of the shutdown. In lieu of classes, the SSH offers this peek through one of many U3A windows on a world of wonders.

In early March, at the invitation of SSH volunteer Eleanor Boustead, I attended a U3A lecture at the Epping Leisure and Learning Centre on the history of Iran.

Material for the nine-week course was prepared by Dr Ian De Mellow. On the occasion of my visit, Ian's highly competent grandson James gave the lecture entitled "Iron Age to 21st Century".

There were 30 or so present for this two-hour event, which included a short break for refreshments. We learned a great deal.

We learned that Iran is the 17th largest country in the world, measuring 1,684,000 square kilometres, and the 16th most populous, with about 70 million people. Topographically, its sizable mountains form frontiers and enfold cities.

We heard that archaeologists have found human settlements that date to the Upper Paleolithic Age, beginning about 40,000 years ago. Throughout the region, and including the Fertile Crescent, between the Tigris and Euphrates rivers, the milder Neolithic climate encouraged the harvesting of wild

cereal plants. The hunter-gatherer tribes began to give up their nomadic lives, settled down in villages and began to domesticate goats, sheep, cattle and pigs. Limestone supplied grinding stones and mortars. Copper was discovered and used to make simple adornments. Trade commenced in Anatolia, Afghanistan and the Persian Gulf, for obsidian, turquoise and seashells.

The Bronze Age emerged in north-western Iran around 4000 BCE, an era of technological, political and cultural change. In the Fertile Crescent it saw the emergence of the Sumerian period, with the establishment of many city states including Uruk, Kish, Ur, Nippur and Isin. Each had a population of around 10,000.

The Iran we know today shares borders with Armenia, Azerbaijan and Turkmenistan (to the north), Turkey and Iraq (to the west), Afghanistan and Pakistan (to the east). The southern border is 1,770 kilometres in length, along the vital sea lanes of the Persian Gulf and the Gulf of Oman.

Like many parts of Australia, Central Iran is experiencing severe serial drought events. The data indicates an impending environmental disaster. There is substantial dependence on ground water, supplied by 600 aquifers. Only

about 12 per cent of Iran's total land area is under cultivation, yet Iranian agriculture is a prodigious supplier of foodstuffs and specialty fruits and vegetables, with farming skills developed over thousands of years.

We learned that Iran sits on 94 billion tonnes of proven and potential mineral deposits, placing it in the top 15 mineral rich countries of the world. It holds 7 per cent of the world's mineral reserves and Iran's oil resources are immense. The country contains 102 oilfields and 43 natural gas reservoirs. In terms of conventional oil reserves, Iran ranks third in the world. It has the second natural gas reserves, after those in Russia.

The United States has been sanctioning Iran since November 1979, in the aftermath of the Islamic Revolution. In May 2018, the US withdrew from the multinational joint Comprehensive Plan of Action (known colloquially as the Iran Nuclear Deal). The sanctions regime is hurting Iran economically.

As we go to print, Iran has been severely affected by the Covid-19 pandemic. According to government reports from Tehran, more than 65 million Iranians have been screened online for coronavirus symptoms as part of nationwide efforts to contain the spread of disease."

A POEM FROM CHRISTINE LOPACINSKI HARBOURSIDE NORTH

U3a a poem about the writing of Doctors

The doctor is such a worthy gent
His patients think he's heaven sent
He knows a lot, he's so erudite.
But dear oh dear, he just can't write!

The surgeons hands are deft and skilled
His head with so much medical knowledge filled
But why oh why? since he's so darn bright
Why can't the brilliant surgeon write?

Dear men and ladies of Hippocrites,
Listen, take heed of my earnest pleas
Don't forget we pharmacists all in white
Nurses, too must read that stuff you write!

Lotions and potions and histories,
Are like dead sea scrolls, such mysteries!
Your order CHARTS make nurses and chemists squint.
Please take care and please plainly PRINT!

OUR COLOUR BRAND VALUES EXPLAINED **Lifelong learning, The Sydney U3A Way**

KINFISHER BLUE = SHARING

We share our knowledge

GREEN = GROWING

Together we grow our minds

YELLOW = SOCIALISING

We interact and connect with others

RED = PASSION

Our passion is for education

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CENTRAL OFFICE IS CURRENTLY CLOSED DUE TO COVID-19

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