



## **STAY CONNECTED**

### **CENTRAL OFFICE NEWSLETTER**



### **Welcome to Volume 9 of Stay Connected**

Thanks again for the positive feedback. Your ongoing support continues to demonstrate that our membership embraces our colour brand values of **sharing, growing, socialising** and **passion**.

Dianne Ekert  
VP Public Relations

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### **PRESIDENT'S REPORT**

Hope we are all coping with this current situation, it is a little more relaxed but nowhere near back to normal nor will it be for quite a while.

Firstly, I would like to thank all our regional committees, venue coordinators and course leaders for all the behind the scenes hard work in trying to organise venues, courses, zoom classes and other events for our U3A members. It is not easy, each council, church or other venue have their own timelines for opening and all have their own Covid-19 safe plan that we must follow just as U3A has a Covid-19 safe plan. The venue and U3A Covid-19 Safe Plans must both be observed. It is all designed to make sure that we have our members' health and well-being is uppermost in our minds.

Many members will be not comfortable with coming to face to face meetings - that will be your choice. Some may feel comfortable wearing a mask, gloves and definitely having hand sanitizer with them.

All venues will have wipes and hand sanitizer and as social distancing will be with us for quite a while, per example my own venue at Hunters Hill Council told me last week, the venue normally holds 57 and now will only allow 9, one speaker, myself and 7 members, this is not financially viable.

Every council has different requirements and presidents and regional committees will have to decide what is right for their groups. Some groups are working towards resuming sooner rather than later but all must abide by the venue's and Health Department's regulations.

Some areas have free venues which may be used observing social distancing rules. Most will not allow use of kitchens, so you may have to bring your own thermos or water. Attendance sheets must be kept, full name U3A number and phone contact details

With details changing almost daily it is impossible to print a U3A semester 2 coursebook. Please try and look at our website [www.sydneyu3a.org](http://www.sydneyu3a.org) and go to your region which will give you details of some face to face meetings but most of all our zoom meetings are listed. We are all learning and the zoom classes are going from strength to strength. If you haven't tried a zoom class please give it a go.

For many of our members who live in retirement villages you may have to wait a little longer to resume your classes it remains a challenge for all of us.

Stay safe  
Kind regards  
Judy Harris

See U3A Covid-19 Safe Plan at end of *Stay Connected*

**FROM LYNDA CRONSHAW  
ADMINISTRATION MANAGER**

**REOPENING**



**CENTRAL OFFICE RE-OPENS**

Our lovely office volunteers are ready to start work again so you will be pleased to hear that Central Office will be re-opening on **July 6** - 10:00 am to 1:00pm, Monday to Friday. This means the new membership cards will now be produced daily **AND** there will be a real live person on the end of the phone during office hours.

Sadly, until the completed course lists are posted on our website, **the office is unable** to provide information relating to activities.

**Therefore, if you require information on courses, talks or events for the remainder of 2020, we recommend you contact your Regional Course/Venue Coordinators or your region's webpage**

**FROM ANNE RICHARDSON  
VP EDUCATION**

I appreciate your patience as we evolve our presentation of courses in a way which will maintain a safe and healthy space for our members, leaders and speakers.

All courses presented by alternative technologies i.e. Zoom, email or phone, are accessible through the U3A website. It is not possible to print a course book while the availability of venues and restrictions imposed are changing from day-to-day with no indication of a definite timeline.

If you click on to the Regions' buttons on the U3A website you will see what is available in every region for the next weeks. Some courses can be booked online and others via email or phone. If you have any queries about this please email me on [vpeducation.sydneyu3a@gmail.com](mailto:vpeducation.sydneyu3a@gmail.com) and I will be delighted to assist you.

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**WELCOME TO NEW WEBMASTER**

A mega welcome to Pam Furney from Upper North Region in her new role as Sydney U3A Webmaster. Pam has consulted in schools on strategies for the transformative use of technologies in the curriculum. Her work included technology integration, strategic planning and professional learning programs. Pam's vast experience and expertise will, longterm, result in upgrading our website to a stronger contemporary image that clearly articulates Sydney U3A Inc brand and values. We are excited that Pam volunteered to lead the web team.



## Positions Vacant

**Social Media Facebook**

In the last volume of **Stay Connected** we advertised for a member experienced in social media to help us set up and manage a Facebook page. This position is still vacant and is an important component of the plan to expand our online media presence, to provide an additional forum for member interaction and to better position Sydney U3A in the digital world of the 21<sup>st</sup> Century.

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 love to hear from you. In this role you will work closely with the PR team and liaise with the webmaster.

Like all other U3A roles, this is a voluntary position. Contact Dianne Ekert, VP Public Relations - email [vppr.sydneyu3a@gmail.org](mailto:vppr.sydneyu3a@gmail.org)

**BOOK REVIEW FROM SUSAN GREENFIELD  
NORTHERN BEACHES REGION**

NOVEL: FUSION

AUTHOR: KATE RICHARDS

REVIEW:

Kate Richards first wrote about her battle with severe depression in "Madness, a Memoir" (2013). At the time she was studying medicine and qualified as a doctor.

Her first novel, **Fusion** was written in 2019. It is an extraordinary book about conjoined twins living in the Australian Alps, isolated from the world. They are cared for by a young man, Wren and have chosen this life of self-sufficiency rather than be in a world that has rejected them.

One day, Wren finds a woman injured on the road and brings her back to the shack to be nursed back to health. Questions start to emerge and the past lives of the four characters are revealed in all their tragedy.

It is a beautifully written book, almost like poetry. Identity, rejection, and dependence are all questioned.

I cannot praise this novel enough and I hope that some of you may dip into it and find the magic that I did.

Susan Greenfield

I haven't read *Fusion* but based on Susan's recommendation but will definitely put on my reading list. If you have read *Fusion* and would like to share your thoughts or add to Susan's review send to [vppr.sydneyu3a@gmail.com](mailto:vppr.sydneyu3a@gmail.com) We just may be able to get a conversation happening.

Cheers

Dianne

**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

**Sydney U3A Inc**

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Produced by Dianne Ekert, Published by Stuart Cumming  
Feedback welcome to [vppr.sydneyu3a@gmail.com](mailto:vppr.sydneyu3a@gmail.com)

Sydney U3A Covid-19 Safe Plan was developed after consultation with and reference to NSW Health Department's website and various councils. Advice received was to ensure the plan was written in "factual" language that clearly included requirements to be observed



## COVID-19 SAFE PLAN

### OVERVIEW:

Sydney University of the third Age Inc. (U3A) is a not-for-profit, volunteer-based provider of lifelong learning to people who are no longer in full time employment.

Sydney U3A does not operate on a campus. It conducts courses, talks and events in premises owned and operated by third parties across seven regions in Metropolitan Sydney.

### DOCUMENT PURPOSE:

Sydney U3A 's priority at this time is the health and wellbeing of its members, volunteers and the community. The intent is therefore to develop a COVID-19 Safe Plan so that a safe environment is created for our leaders, presenters and members.

### REFERENCE DOCUMENTATION:

NSW Government Website (NSW Health Department) <https://www.nsw.gov.au/covid-19/covid-safe-businesses>

All available COVID-19 Safe Plans published by a building owner/managing agent relating to the conditions of hire for premises used by Sydney U3A Inc.

### NOTE:

The protocols set out in this document are believed to be current and correct and conform to the NSW Department of Health (Public Health Orders) regulations at the time of publication. Where anomalies occur and/or are in conflict with any part the NSW Health Department regulations those regulations will always take precedence and such conflict is unintentional.

### PUBLISHED:

June 2020

### APPROVAL:

Judy Harris President Sydney U3A  
Inc.

## **COVID-19 SAFE PLAN REQUIREMENTS:**

1. No member should attend a course, talk or events if they are unwell
2. No member will enter a room where a course or talk is being held without washing his/her hands or without using a hand sanitizer
3. No course or talk will be conducted in a private home without the written consent of the home owner/renter
4. All region presidents or their delegates are responsible for obtaining a copy of the building owner's COVID-19 Safe Plan for the space where a course or talk is conducted; they will ensure that the document is circulated to all course attendees so that the regulations are known, understood and obeyed. They will instruct that all such Safe Plan requirements are observed in addition to those stipulated by Sydney U3A Inc.
5. All courses and talks must be booked to ensure that room occupants do not exceed the allowable occupancy under the 4 square meter rule
6. A 1.5 meter physical distance between members must be allowed
7. Members must not use kitchen facilities to prepare morning/afternoon teas or food. They are permitted to take their own water bottles and their own packaged/wrapped snacks.
8. All notices displayed within the buildings, rooms, entry points must be obeyed
9. Irrespective of whether hand sanitizer/disinfectant surface wipes are provided by the building owner/managing agent, all leaders via the region must provide hand sanitizer and disinfectant surface wipes as a precaution to clean equipment such as monitors, keyboards, mouse, light switches, air conditioning, remotes etc.
10. Attendance forms showing member/visitor name, number, phone number or email must be completed at each, talk or event. These records must be retained and stored confidentially and securely
11. Should a positive case of COVID-19 be reported it must be notified by the Regional President to the Sydney U3A President who will notify the NSW Health Department
12. Full co-operation with NSW Health Department must be guaranteed if contacted in relation to a positive case of COVID-19
13. Leaders are asked to recommend to their course attendees that they download the COVID-19 app.