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PLEASE EMAIL ALL NEWSLETTER ITEMS AT LEAST 7 DAYS BEFORE THE START OF THE MONTH TO:
erenstrom@optusnet.com.au

PRESIDENT'S REPORT

You will all have heard by now of the decision of the committee to not commence operations at the hub again until at least the beginning of term 4 – which would be October 5. This decision was made even before the increased restrictions for the City of Melbourne and the Mitchell Shire were imposed. At the time of writing this report it would seem likely that the more serious restrictions currently in place will be there for some time yet, at least until the number of new infections per day start to go down. Even then, it would seem unlikely that permission for 100 persons to gather indoors will be available anytime soon. The question of returning to the hub will remain an important one for the committee.

In the meantime, an increasing number of classes are developing electronic means of communication and have been doing their best to continue their activities under these difficult circumstances. Thanks to all of those involved in this process. It's not easy sometimes, but people are willing to put in the effort. It is appreciated.

Reports to a recent meeting of U3A's in the eastern metropolitan region of Melbourne indicated that some U3A's were completely closed whilst others were using Zoom and other electronic means to deliver a significant number of classes. One U3A had actually recommenced face-to-face classes in a small way during the term break. They were intending to return to near full activity about the second week in the term but this has now been put on hold.

Network continues to work effectively and efficiently assisting U3A's to best handle the current situation. One of its major projects, at the present moment, is the Data Privacy and Security Project which, when it is completed, will advise individual U3A's on how to best handle the data they hold on their members in a safe and secure way. Waverley U3A has already made a small step in this direction by moving the system it uses to send out emails from the USA to Australia.

Thank you to all of you who are doing your own little bit to keep U3A Waverley running – even in a modified form. All of the work that you are doing is appreciated whether it's large or small.

One day soon we'll get to see each other face to face at the Hub. Won't that be great?

Take care. Stay well.

Robert

Sunshine is not cancelled
Spring is not cancelled
Love is not cancelled
Relationships are not cancelled
Reading is not cancelled
Naps are not cancelled
Praying is not cancelled

Music is not cancelled
Dancing is not cancelled
Imagination is not cancelled
Kindness is not cancelled
Conversations are not cancelled
Hope is not cancelled

sent in by Evelyn Peterson

Short Courses available Online through U3A Frankston

U3A Frankston, in partnership with the Federal Government, is supporting the Digital Literacy learning program "Be Connected".

The program offers free online training and covers a wide range of helpful topics including using devices, safety online, hobbies, shopping online, accessing MyGov, Windows 10, using iPads and tablets and many more. The program is open to anyone over 50.

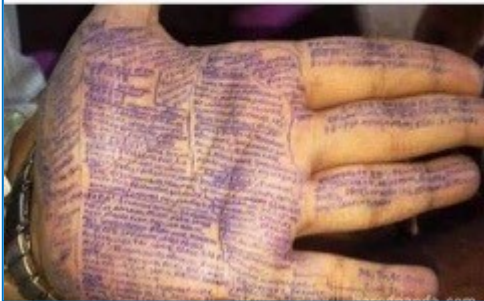
Here is a chance to learn something new while we are locked down for the next so many weeks.

They have put together two short videos as an introduction to "Be Connected"; the first to help you register and the second demonstrates how to navigate around the Topic Library after you have registered.

Copy this website <http://u3af.org.au/index.php/membership-enrollment/course-videos/> into your browser to be taken to the U3A Frankston website page where you can open and view the videos.

Or simply browse to the U3A Frankston website and go to the Course Video page under the Membership/Courses/Enrolment tab.

I washed my hands so much due
to CODVID19, that my exam notes
from 1995 resurfaced



THE 11TH COMMANDMENT
2020 A.D Supplemental
(Thanks to Rob Melville)

Money Money Money

Money Money money

Its not funny, in a Covid world

People used to fight over me,

Treasure me and love me,

But now that's not the case

I am just a waste of space

I could be covered in germs

As our information confirms

I was once a desirable gift

But now I am severely miffed

No-one wants me in their pocket

They do not want me on a docket

They do not want me in their purse

It seems as though I 'm like a curse

They only use their plastic card

In so many shops I am barred

No one wants me anymore

This insults me to my core

They used to think I was so fine

But now they want to pay online

One day they will want me again

They won't consider me a pain

But now I get the cold shoulder

So in the safe I sit and moulder

Lorraine Erenstrom - Creative Writing

Went to my first social
distancing Christening
last Sunday



Quarantine day 58:
I built myself a Doberman



From the Department of Health and Human Services

As the Premier announced on Sunday, people living in metropolitan Melbourne and Mitchell Shire will now be required to wear a face covering when leaving home for one of the four reasons, following a concerning increase in coronavirus cases in recent days.

There will be some reasons not to wear a face covering. For example, those who have a medical reason, children under 12 years of age, or those who have a professional reason. However, you will still be expected to carry your face covering at all times to wear when you can.

How do I wear a mask correctly? (surgical mask - single use)

- Before putting on the mask, wash your hands for at least 20 seconds with soap and water, or use a hand sanitiser that is made up of over 60% alcohol.
- Check for defects in the mask, such as tears or broken loops.
- Position the coloured side of the mask outward.
- If present, make sure the metallic strip is at the top of the mask and positioned against the bridge of your nose.
- If the mask has:
 - o Ear loops: Hold the mask by both ear loops and place one loop over each ear.
 - o Ties: Hold the mask by the upper strings. Tie the upper strings in a secure bow near the crown of your head. Tie the bottom strings securely in a bow near the nape of your neck.
 - o Dual elastic bands: Pull the bottom band over your head and position it against the nape of your neck. Pull the top band over your head and position it against the crown of your head
- Mould the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.
- Pull the bottom of the mask over your mouth and chin.
- Be sure the mask fits snugly.
- Don't touch the mask once in position.
- If the mask gets soiled or damp, replace it with a new one.

What's the best way to take off a face mask?

- Wash your hands for at least 20 seconds with soap and water or use alcohol-based hand sanitiser containing at least 60% alcohol.
- Don't touch the front of the mask or your face.
- Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.
- If your mask has filters, remove them and throw them away. Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.
- Clean your hands again.

There was an old lady on zoom
Who rid herself of her gloom
She was just out of bed
But it cleared her head
To see all the smiles in the room

Today I bought my first seniors' GPS. It not only tells me where I want to go, but why I need to go there.



The Spread of COVID-19 IS Based on Two Factors:

1. How dense the population is
2. How dense the population is



Is it too early to put up the Xmas tree yet? I have run out of things to do.

Just wait a second so what you're telling me is that my chance of surviving all this, is directly linked to the Common Sense of others?

Whoever decided a Liquor Store is more essential than a Hair Salon is obviously a bald headed Alcoholic.

Brain Myths Exploded and The Ageing Brain.

The tutor and class members of the Brain Myths Exploded- Lessons from Neuroscience and The Ageing Brain have decided to recommence their classes on Zoom starting from the beginning of the program and meeting every Friday mornings for the rest of the year from 09:30 am to 11:00 am. The class actually opens at 09:15 am but the presentations (2 of them separated by a 5 minute break) start at 09:30 am. A description of the courses is on the U3A Waverley website.

The program is as follows:-

BRAIN MYTHS EXPLODED: LESSONS FROM NEUROSCIENCE

Date	Session 1	Session 2
17-Jul	Is Your Body Perfectly Designed?	Are Bigger Brains Smarter?
24-Jul	Is Mental Illness Just a Chemical Imbalance?	Are Creative People Right-Brained?
31-Jul	How Different are Male and Female Brains?	How Accurate is Your Memory?
7-Aug	Do you Only Use 10% of Your Brain?	Do You Perceive the World as it Really Is?
14-Aug	Is Your Brain Too Smart for Magic Tricks?	Is Your Brain Objective?
21-Aug	Do You Have 5 Independent Senses?	Can Certain Foods Make You Smarter?
28-Aug	Can Brain Games Make You Smarter?	Does Your Brain Shut Down During Sleep?
4-Sep	Are Your Decisions Rational?	Are You Always Conscious When Awake?
11-Sep	Are Other Animals Conscious?	Can You Multitask Efficiently?
18-Sep	Are Dreams Meaningful?	Can Brain Scans Read Your Mind?
25-Sep	U3A HOLIDAYS	
2-Oct		
9-Oct	Can Adult Brains Change For the Better?	Do Special Neurons Enable Social Life?
16-Oct	Is Your Brain Unprejudiced?	Does Technology Make You Stupid?
	THE AGEING BRAIN	
23-Oct	The Ageing Mind: What Changes?	Why Don't We Live Forever?
30-Oct	Is Ageing a Disease?	Aging and Brain Structure
6-Nov	Ageing and Brain Function	Emotional Ageing
13-Nov	Strategies for an Aging Memory	Dementia and Alzheimer's Disease
20-Nov	Parkinson's Disease and Stroke	Ageing Well; Staying Active
27-Nov	Ageing Well: Diet and Stress	The Science of Immortality

At the Annual General Meeting it was suggested that, wherever possible, classes on Zoom be opened up to members of U3A Waverley who had not originally enrolled in the class. If any members of U3A Waverley would like to join us just send an email to robsuetaylor@bigpond.com with your details and you will be placed on the list. Don't worry if you have missed the first few sessions – they are mostly self-contained. You do not need a scientific or medical background to get a lot from these courses which are presented by American University Professors with an ability to explain complex ideas simply.

Robert Taylor - Tutor