



Check Out Our On-Line Classes

Presently we have 8 classes being offered on line and have some more that will be offered on line soon.

If you are enrolled as a member of a class that available on line, you will be advised of how to join that class using Zoom.

If you are not a member of a particular class that is available on line, but are interested in joining that class, you should contact one of our Course Coordinators:

Ruth Wilson:

ruthwilson7@outlook.com or

Richard Prior:

richard.prior@bigpond.com)

who will be able to advise you whether there are vacancies in the online class and if there are, make arrangements to enable you to join that class on line.

Members are encouraged to regularly check on our web-site (u3aringwood.org.au) to see what classes are available on line.

We anticipate that not only will more of our classes that have

been offered as part of our regular timetable be added to our list of on line classes, but potentially new on line classes that have not been offered before, will be added during the lock-down.

Interesting Members

David Horner

David grew up in Yorkshire, England and went to Bradford Grammar School. Having decided he wanted to be a Pharmacist he undertook a 2 years Apprenticeship, followed by 2 years at Pharmacy College. This is how things were done back then, different from today's studies for this career.

Outside work David's interests were of a physical nature in that he played rugby, loved rock climbing and caving.

After qualifying he initially worked in retail pharmacy for two years before making a change to working in the Lake District selling animal health pharmaceuticals to farmers.

David married Judith in 1963 and they lived in Penrith then moved back to Yorkshire with the same company but with expanded responsibilities. He moved to an

international pharmaceutical company working in the animal health field for a number of years before emigrating to Australia in 1970 with Judith and their two daughters. Initially they lived in Sydney before moving to the eastern suburbs of Melbourne while working as a medical rep. Then transferring back to community pharmacy, he managed the pharmacy at North Ringwood. After a 9 months trip with the family back to England, they returned to Melbourne where he started work for a multiple pharmacy owner from whom he bought two pharmacies in 1977. After a number of years, another career change. Out of pharmacy and into retail, selling leather and travel goods followed by a period selling trophies to sporting clubs.

At this point in 1990, David went back to pharmacy in South Croydon for 10 years. He had a taste of retirement at age 61 for 3 months. This didn't work out, so he went back to working in pharmacy 4 days a week. One day a week in North Ringwood and 3 days in a very busy pharmacy in Mooroolbark for 14 years. He ultimately retired at 74 years after easing down from 4 days to 3 then finally 2 days.

David and Judith have travelled



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quite a bit over the years, sometimes spending 3 months at a time in Europe which is their favourite destination, experiencing the different cultures and scenery. They have also hiked in the Himalayas, in Nepal, the Rockies in Canada and the Alps in Europe and, of course, the Lake District in England.

For 17 years they lived on the Heritage Golf & Country Club and loved playing golf there. David regularly exercises at home including daily walks, weights and still plays golf at the Heritage.

David attends National/International Affairs, Armchair Travel and Film Appreciation whilst Judith attends Friday's Music Appreciation and Art Appreciation, both following their own interests.

We Are All In This Together

As we so often hear – WE ARE ALL IN THIS TOGETHER – so we are sharing some stories on what your Committee Members have been doing in Self-Isolation to keep themselves occupied and a very lengthy but amusing one from our Vice President at the end.

Self-Isolation Stories from Committee Members

President Daryl in his own words tells us what he has been doing during the lock down.

In January we were excited when our daughter and her 3 children (aged 2, 5, and 9 years) who live in Bangkok, told us that they would visit us for 2 weeks at the end of March. By early March we were all concerned about the spread of COVID-19. Later in March, Qantas cancelled our daughter's flights

and we experienced a mixture of disappointment and relief.

Within weeks we viewed the cancelled flights as a blessing as the "COVID-19 rules" required visitors to Australia to self-isolate for 14 days (the duration of their visit), Singapore, their transit port, did not allow transit flights and Bangkok's airport was locked down. It was clear that if they had been able to travel to Melbourne as planned, there was no way for them to return to Bangkok. We have had, as usual, regular voice and video contact via WhatsApp and Skype.

However, during my discussions with some of our tutors about them hosting their classes online using Zoom, one tutor said, 'we are already using Zoom for a family get together and quiz each week'.

Why didn't I think of that?

We now also hold a 'whole of family' get together and quiz every Saturday evening – this has made a significant difference for us.

During the lock-down I have found as I know that I not only have time to do a particular thing today, but time tomorrow and the next day, there is no imperative for me to get anything done. Accordingly, it has taken me 6 weeks to paint our kitchen.

Notwithstanding my lack of focus at home, we have managed to inject some routine into our day by taking our dog for a long walk every day. Our dog loves this (and probably hopes the lock-down never ends). I never thought that the day would come when we looked forward to our daily walk with our dog more

than our dog – maybe that day has arrived.

Secretary Jeanette has been cleaning out the study and found some articles she had written 10 and 11 years ago for her Car Club Magazine. The editor is now re-producing them in the current issue under the heading of "Down Memory Lane". One of these articles is particularly appropriate at the moment as it is the Club's 60th Anniversary, and the article humorously describes the fashion worn at a Cocktail Party held 10 years ago for their 50th Anniversary.

Another project she has is to catalogue by composer the 400+ music CDs and up to 66 pages and still a long way to go – just a little each day.

Another little story Jeanette can tell – in the early days of the panic buying of toilet rolls. Her friend Denise from Williamstown was in a supermarket to buy some particular product for her daughter and discovered they had toilet rolls, so picked up a packet of 24. Immediately a woman came up to her, poking her in the arm and saying "what you do with those". Denise answered that she was sharing them with her family. "Where you get those" said the woman and Denise told her which row to find them. Obviously, they were all gone by then so the woman poked her in the arm again and said "you share with me". Having gathered her other purchase, Denise proceeded to the check out where the cashier asked her if she would like an escort to her car. Denise just laughed and said no thanks. She had no sooner put the toilet rolls in the boot of the car when the woman

and her friend approached her again demanding to have some of her toilet rolls. The two women followed Denise in their car and fortunately she managed to do a circuitous route home and managed to lose the women.

What a scary story!

Course Co-ordinator Richard has been chain sawing almost daily and splitting wood regularly and now has enough, he thinks, for winter, in the shed. He has had a granddaughter and her partner staying with them since December when they sold their house in Cremorne; they have now purchased in Rye and move in shortly. They are both keen “foodies” and they’ve had some wonderful dinners and have had to “step up” with their own contributions. Great fun – but the waistline impacted! They have had expert assistance in creating a substantial “veggie patch” and already harvested silver beet, kale, Bok choy, lettuce and peppers.

Finally, whilst Richard gets the newspaper most days, he has never read beginning to end so thoroughly in his life!

Manager of the Office Duty Roster, Kathie, says that she started beforehand by bringing her brother with Alzheimers from a Nursing Home in Cairns to Melbourne, so he was close to family. She found a bed in Gracedale. She just got him settled and then he was locked in and did not see him for 5 weeks. She wrote emails with pictures that were given to him. He had his 80th birthday in this time. While she was doing the Cairns

retrieval Kathie finally finished the Office Duty Roster.....the next project that did not work out, as there were no classes and no-one needed to be there.

Never idle, Kathie also finished off all the garden produce and bottled most of it. Her pantry looks like the result of a prodigious hoarder.

Enough for two years! This week she harvested 34 butternut pumpkins...lots of soup and curry to be made.

Kathie & Patrick were also preparing their house for sale with the plan to down-size...another plan put on hold because the real estate market is looking very unattractive currently. The house painter arrived this week and the house will look amazing when it is finished and they may have to stay there to enjoy the new look. All they have to do is get the house back in order and put all the furniture where it belongs.

The good stories are, that Kathie had a great birthday with a virtual party with her children and received lots of presents. Also, she was finally allowed to visit he brother for an hour this week.

Treasurer & IT Expert Extraordinaire Alex together with Linda have both managed to keep relatively busy during the lockdown.

Linda has been quilting and gardening. She loves quilting and tolerates gardening.

Alex has been busy setting up online Zoom Classes for U3A Ringwood and online Zoom-based cubs and scout’s sessions for 7th Ringwood Scouts. He is also heavily into doing some soft-

ware changes into the system he uses to manage the scout group.

The feedback from participants in the Zoom sessions has been very positive in both organisations. Whilst it is no substitute for real face to face meetings using Zoom is the closest we can get in the current lockdown.

We now have eight classes using Zoom plus your committee. There’s room for more. There’s also a ShiBa-Shi video and extensive reading material on Australian History you were never taught.

Course Co-ordinator Ruth has spent the time getting her knee back and functioning following her knee replacement and is now finally allowed to drive her car, but as she says “where can you go?” Luckily for Ruth she has benefited from some of Kathie’s produce – someone who doesn’t let the grass grow under her feet.

Publicity Officer Lynn and her husband have been very productive in their enforced isolation and have been tackling jobs that have been on the back burner for a while. Many of them have turned her into a very underpaid labourer, moving many bricks left from a new deck, spreading a couple of metres of gravel, replacing the floor in the shed, a hard rubbish collection and many trips to Savers. She has moved plants around the garden and spread tan bark. However, she says that she has enjoyed every minute of it and now loves the new look in her back garden.

It has been a time of reflection also and Lynn likes the slower pace of life and the random conversations she’s

had with people met whilst out walking. In a way she feels that we have returned to the life of her childhood in the 50's and 60's. It won't last but she has enjoyed experiencing it again.

Committee Member Diane has spent her days with lots of walking, often twice a day. Some gardening which she says shows very little proof of effort (although others may disagree) and a very tidy pantry. She has kept in touch with family and friends by phone and FaceTime and checked up on her neighbours, having chats outside their front doors. In all, Diane feels it is very dull but not overly oppressive and that it will be nice to see her family in person one day soon.

Membership Secretary Peter – For the last 10 years or so, since retiring from full time work Peter has, almost without fail every morning, taken his lovely Golden Retriever, Sascha, for at least a 30 minute walk around our neighbourhood.

Sadly, about 6 weeks ago, coinciding with the start of the lockdown, at age 15 and ½, time caught up with Sascha and we had to say goodbye to a wonderful friend and companion. How great dogs are!! Old habits die hard so during the lockdown, Peter still does the morning walk and finds himself sometimes still talking to Sascha.

The rest of the days he spends as others do – mowing lawns, gardening, cleaning gutters and searching for jobs which need doing but have been in the too hard basket till now!

He has also been repainting timber windows which were only painted

three or four years ago! The paint he used then and again now has marked on the tin "*We guarantee this paint will not peel, flake or blister for as long as you live in your house. If it doesn't perform, we will replace the paint free of charge*" – seems a pretty good warranty, says Peter, but he imagines it would be very difficult to claim. Otherwise he has spent (or filled in) time reading and listening to music and dreaming of the days when the golf courses are open again!

Vice President Alastair & Publicity Officer Heather – reproduced in Alastair's own words.

Congratulations to our wonderful Secretary Jeanette in suggesting a new Newsletter in 'a more virtual environment'.

Jeanette very kindly suggested that we describe what we have done during this time of self-isolation! I must admit that suggesting 'cleaning out cupboards' or 'weeding the garden' are not items that either Heather or I would find terribly 'riveting'!

The internet suggests a veritable 'myriad' of things to do during our 'enforced hibernation. One site suggests 17 different ideas – and I would like to share our brief responses to each :

- Finish that TV Series you've been meaning to watch : We have done some of this and are 'working through it'!
- Work through the Top 100 Movies of All Times: We have started – approx. 98 to go !
- Marie Kondo Your House : I still don't know exactly what this is. I think it has something to do

with autumn NOT spring-cleaning your house. [We'll give this one a 'miss' !]

- Try an At Home Workout : Sounds like hard work [We'll both pass on that one too].
- Start a Veggie Patch or Herb Garden : Similar issue to 4, with the added complication of working in the cold and wet Melbourne weather. Pass.
- Play a board game : We have played so many such games, we may as well invent one.
- Host a Virtual Party : An excellent idea in theory. However, it would necessitate the full implementation of required skills. Query whether one has 'virtual' beer and wines ?
- Listen to a Podcast : Again the theory sounds fine. However, I would not know what a podcast was, even if it bit me on the posterior !
- Get 'Crafty'- DIY [knit or crochet] : Yeh right. I can really see that happening !
- Start Baking : Now there's a really scary thought. [I can't even make toast !!]
- Plan your next holiday : That is exactly what our family is doing. Mandurah & North Island of N.Z. both 'look good' and fit in with 'Scomo' and Jacinda's proposals. As most people would undoubtedly say, "It can't go any worse than the last."
- Write a letter to your friends : This is one of Heather's 'long suits' [although I'm not sure why I do the typing ?]
- Learn a new language : I believe that Heather and I 'do a pretty good job with English', and I 'dabbled' with French and Latin. Learning a new lan-

guage may bit of a tough 'ask.'

- Embrace Tik Tok : Apparently, one of the new dances "we are all doing". If it is anything to do with dancing – as in my school years – forget it !
- Make a Care Package for your friends and family: A wonderful idea, and one which many Committee members excel in. However, not this little bird.
- Do a face mask : There's a thought. [Would make sure that the mask looked like Brad Pitt or Tom Cruise – a vast improvement on the 'original.'
- Clean out Your Wardrobe : In all seriousness, I cannot conceive how this would be on anyone's wish list!

As many of you are aware, I enjoy undertaking weekly research – particularly in diverse areas of the law – including the current pandemic.

I endeavour to ensure that the articles researched are current, interesting and topical and I welcome constructive feedback, well noting that we all have, and are completely entitled to, express diverse points of view. Respect, at all times, is essential in all our activities and in life itself. Overall, since the start of the pandemic, it has been in plentiful supply.

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Online Classes Feedback

Yoga Class from Suzanne Di Mattia

I would just like to let you know how much I enjoyed our online Yoga class on Tuesday afternoon. I was a bit apprehensive about doing a class on Zoom as it was all new to me. However, with Alex's assistance it wasn't too difficult to set up and all went smoothly.

As we all know, this self-isolation has not been easy for anyone, especially for those of us who live alone. We are all missing the social contact that we get from our U3A classes. It's good to find that some classes can continue with the help of a Zoom App, and at the same time allow us to improve our technical skills.

I must congratulate Jill for doing a great class. It turned out to be fun once we all got the hang of it and it was good to hear some familiar voices. The only thing missing was our cup of tea at the end of it. I know that our initial class was small, but I hope a few others will jump on board and join us for some good exercise and social contact.

Many thanks to Jill, Alex and Daryl for keeping the U3A light burning.

Beginners French from Tutor Diana Long

Beginners French has been using Zoom for two weeks so far. We set it up with a great deal of help from Alex and last week I also needed his support so it has been great to have him on hand.

I wanted to do this with the class for two reasons. Firstly, because you can lose your skills quite quickly in language learning if you don't keep revising and adding to what

you have learnt. And secondly, because I thought we would begin to lose touch with one another which would be a bit sad. Both of these aims have been met.

Everyone has joined in at the set time and all are willing to contribute and seem happy. If there is a glitch with Zoom, we are patient and try to solve it. Unlike our ordinary classes we only go for an hour. During that period the work is fairly concentrated so I believe we all think it is enough.

The first week was revision and an explanation of what was to come. The second session we successfully used the course book and accompanying CD. The fact that we use this particular text has made the prospect of Zoom easier.

The greatest disadvantage is that it is hard to animate the lesson by the use of pair work, role play, songs etc. And even basic repetition is a bit intimidating. Overall, however, I think it is a successful and a sort of fun thing to do that can fill the gap until we can meet again.

Cryptic Crosswords from Kathie Bishop

Another good story for me is the Cryptic Crossword Zoom class. John Lawley sent the class members the crosswords and we were able to get together on Zoom and discuss it. Thank you to Alex who was able to sort out my blunders and then handed over to me to run the class. It was great fun and we are able to extend the scope of the class and do extra crosswords together when we have sorted out the homework. Let's hope Daniel Andrews will ease the lockdown soon so we can break out for a while.

Art Appreciation from Lynn Blackbell

Our first Art Appreciation class held via Zoom was attended by 5 members who were very happy to be reunited to discuss our shared interest in Art.

We toured The Courtauld Gallery in London via Zoom with Jan as our capable Host.

This class lends itself quite well to this format and we all enjoyed getting 'up close and personal' with the paintings, something that is frowned upon when actually visiting any Galleries.

Next week we are virtually touring The Uffizi Gallery in Florence, a venue we are looking forward to sharing as a class.

Initial On Line Taste of Life Class from Daryl James

We held our initial virtual wine tasting via Zoom on 6 May, with each member of the class being invited to bring a wine of their choice, to taste and provide an opinion on the wisdom or otherwise in their selection.

We did not specify a particular grape type or brand, as we did not wish to encourage class members to go out to buy a designated wine in the present COVID-19 situation.

We experienced a few problems with getting some members into our meeting, but Alex Robertson, our Zoom Co-Ordinator, quickly sorted these out.

We spent a very pleasant 1.5+ hours discussing our wines and the issues of the world.

We decided that we will reconvene on our usual day (4th Wednesday of the month) and to invite the members of our other wine tasting class to join us for our next virtual wine tasting of Cabernet Sauvignon (the world's most popular wine).

Like to Run a Virtual Class On Line??

Do you have a hobby or knowledge or skill that you would like to share?

Well you have come to the right place, as we are looking for people who would like to run a class on line. It can be a 'one-off class' a short series of classes or a full course – the choice is yours.

With the current social distancing directive this is your chance to have a virtual captive audience.

If you are interested why not contact one of our helpful Course Co-Ordinator's:

Ruth Wilson:

ruthwilson7@outlook.com or

Richard Prior:

richard.prior@bigpond.com)

to discuss this very exciting opportunity.

Zoom Class Participant Etiquette

With the sudden shift to online classes U3A Ringwood and its members are learning to use Zoom on the fly.

Here are some tips to ensure a positive experience for all class participants.:

- To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- Be mindful of background noise When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers.
- Position your camera properly If you choose to use a web camera, be sure it is in a stable

position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with other participants.

- Limit distractions You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.
- Avoid multi-tasking You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting.

Zoom Upgrade

If you are a member of one, or more, of our online classes you will be using Zoom to join the classes.

Zoom has announced a mandatory upgrade to Version 5.0. According to their web site, after 30th May, 2020, **you must have Zoom V5.0** installed on your device to join our Zoom based online classes.

If you see an 'Update is Available' or similar message when you start Zoom , or join a class, please perform the update .

The update process will download the new version of Zoom, close your existing Zoom window, update Zoom then re-open Zoom.

Once the Zoom windows re-opens you can join your online class.

Term Dates

Term 2

Tuesday 14 April to Friday 26 June.

Term 3

Monday 13th July to Friday 18th September.