



2020 AGM to be Held Online
26th August at 1:00PM

This year, due to the Government restrictions applying during the Covid19 pandemic our 2020 Annual General Meeting (AGM) will be conducted using the online conferencing software 'Zoom',

If you wish to attend the AGM you are invited to advise our Secretary, by email at u3arwood@gmail.com.

You will then be emailed a 'Zoom Link', Meeting ID and Password to enable you to participate in our AGM on line, during the week prior to the meeting.

As a security measure, please do not share this meeting access information so that access to the meeting is confined to those who are entitled to attend and to exclude those who are not entitled to attend but may seek to disrupt the meeting.

If you are not familiar with using Zoom you can visit our website: <https://www.u3aringwood.org.au/>

and click on "On line Courses", where you find comprehensive guidance as to how to safely use Zoom (which you will find is very easy to use).

There are also many Zoom tutorials on YouTube which you may find helpful. If after you have done this, you

still have questions about using Zoom, you can contact our Zoom Coordinator, Alex Robertson, for assistance (info@u3aringwood.org.au).

New Lunch-time Presentation Series on Zoom

Pack your lunch and a pour glass of wine or cup of coffee or whatever you drink at lunch-time and join us for a very interesting series of presentations.

Not only will the presentations be interesting and informative, but are sure to be entertaining and of course there will be the opportunity to ask questions.

Other than the first presentation, which will be held at 'high noon' (12.00pm) on **Monday 17 August 2020**, each subsequent presentation in the series will take place at 'high noon' (12.00pm) each Wednesday, commencing **Wednesday 26 August 2020** and thereafter.

It is envisaged that each session will conclude prior to 1.00pm.

Although we would appreciate those members who wish to attend a presentation letting us know for planning purposes (info@u3aringwood.org.au), if you make a late decision to attend, you

will still be welcome to do so.

As a security measure, we have sent the Zoom meeting ID and password for our presentations to you via email. If you have received the email check your SPAM email folder or email us at info@u3aringwood.org.au. You are asked to not share the meeting access information, other than with other U3A Ringwood members.

If you are not familiar with using Zoom you can visit our website: www.u3aringwood.org.au

and click on "On line Courses", where you find comprehensive guidance as to how to safely use Zoom (which you will find is very easy to use).

Note: We will have a presentation relating to using Zoom - 'Video Chatting with Family/Friends' at 12.00 noon Wednesday 2 September

The lunchtime presentations include:

Queen Victoria Market - Three Generations of Family: Presenters - Pauline and John Ruse

Both Pauline and John are past tutors at U3A Ringwood and are steeped in the world of Antiques, having been successful Antique Dealers over many years.



A little history of 'The Market' including stories of stallholders, market inspectors, thieves, strange and interesting people, marketing methods, mafia standover men and what John and Pauline called "The golden uncertainty" would we make the rent?

Strategies for Good Mental Health During the Pandemic: Presenter - John Robertson

John is a member of U3A Ringwood and a practicing Psychiatrist consulting at Maroondah Hospital and in his own private practice.

John is a man of many interests beyond his profession, among which are music, nature, tennis, chess and whisky.

John's presentation is most pertinent to today's situation where we and everyone else are 'locked down' and the

feeling of social isolation that can be associated with that, can become a challenge to maintaining one's mental health.

Your Health is in your Hands: Presenter - Kathie Bishop

Kathie joined U3A Ringwood over ten years ago and found that it was a great help in her transition from working part time as a Registered Nurse to retirement. Kathie is a member of your Committee, Office Duty Roster Manager and has run two Summer School courses on Anatomy and Healthy Living.

Her series of presentations are designed to help you navigate the health difficulties that arise with ageing bodies and give you the information to help you make choices that can make your life more comfortable.

The more knowledge you have, the less

confusion about how to handle the changes that may impact on you and your ability to cope with them.

Australian Industrial Relations and its Colourful Characters: Presenter – Daryl James

Prior to his retirement, Daryl had over 40 years' experience as a senior industrial relations manager and employer advocate in the civil, mechanical and building construction industries as well as the aviation industry. His experience with highly unionised workforces in a calling then brimmed full of colourful characters, provides a unique vantage point from which to put forward his views and to recount some interesting/amusing events and the personalities involved.

Video Chatting with Family/Friends: Presenter - Alex Robertson

In Alex's previous life prior to joining U3A

The 12.00 Noon, Lunch-time Presentation Series Calendar		
<u>Make sure that you put these dates in your diary – they shouldn't be missed.</u>		
Date	Day	Presentation
17 August	Monday	Queen Victoria Market - Three Generations of Family
26 August	Wednesday	Strategies for Good Mental Health During the Pandemic
2 September	Wednesday	Video Chatting with Family/Friends
9 September	Wednesday	Your Health is in your Hands - Heart and Lungs Health
16 September	Wednesday	My Life as a Country Lawyer and a University Lecturer
23 September	Wednesday	<i>This falls during the Term Break – if there is enough interest we will try to organise a presentation.</i>
30 September	Wednesday	<i>This falls during the Term Break – if there is enough interest we will try to organise a presentation.</i>
7 October	Wednesday	Your Health is in your Hands - Eye and Ear Health
14 October	Wednesday	Australian Industrial Relations and its Colourful Characters
21 October	Wednesday	Your Health is in your Hands - Skin Health Awareness
28 October	Wednesday	The Last Private Detective
4 November	Wednesday	Enrolment Week - TBA
11 November	Wednesday	Your Health is in your Hands – Kidney and Bowel Health
18 November	Wednesday	Your Health is in your Hands - Bones and Muscles Health
25 November	Wednesday	TBA
2 December	Wednesday	TBA

Ringwood, he was a Senior IT Architect with the NAB.

He is presently the U3A Ringwood treasurer and has used his knowledge and expertise to implement our new computerised membership system and conducts a number of digital technology classes covering computers, tablets and smart phones and zoom.

Tried video call on your mobile? Surprised by the cost?

We discuss free to use alternatives to using your mobile provider video calling feature.

Find out which one suits you best. All you need is a suitable internet connected device and a suitable data plan (or access to a free Wi-Fi service).

The Last Private Detective: Presenter - Robert Jackson

Prior to retirement, Bob was a respected licensed private investigator who rubbed shoulders with 'colourful characters', the constabulary, fornicators, cheats and many 'surprised' members of the public.

Bob will tell you about his experience in the time when private investigators had broad and far reaching rights to interpose on people's lives and in particular their peccadillos.

My Life as Country Lawyer and a University Lecturer: Presenter - Alastair McCracken

Prior to joining U3A Ringwood, Alastair followed a family tradition (his forebears established the respected law firm McCracken and McCracken) to have a very distinguished career in the law in Wangaratta and later as an academic at Swinburne University.

Alastair is well known at U3A Ring-

wood for his Elders and the Law class and his periodic presentations on various aspects of the law as it applies to senior citizens, but on this occasion he will discuss his life as a 'country lawyer' and his enjoyable and fulfilling thirteen years as a law teacher at Swinburne University.

Alastair's experience in dealing with the problems of ordinary people as well as colourful characters, makes a great backdrop for a presentation that should not be missed.

Getting to Know your Committee

Your U3A Ringwood Committee has been asked to indicate some of their "Favourites" under the following headings.

Favourite Plants in their Garden:

Daryl – Creeping Boobialla – spreads dense mat over large area to keep weeds down

Alastair – Weeds – even through concrete, steel and rocks – an expert at growing them!

Alex – Anything that does not need maintenance to live

Jeanette – Tuberous Begonias & Fuchsias

Richard – Roses, Camellias & Salvias

Ruth – Roses

Lynn – Daphne and Camellias – one fragrant the other beautiful

Heather - Shares Alastair's love of weeds – an expert at growing, but ideally roses the favourite

Peter – Azaleas, Rhododendrons, Camellias and Slow Growing Grass

Diane - Camellias

Favourite Drinks:

Daryl – Red Wine – Cabernet Sauvignon or in summer a Gin & Tonic

Alastair – Coffee

Alex – Lately coffee from Nespresso capsules, otherwise tea

Jeanette – Cappuccino & Pinot Grigio Wine

Richard – Pinot Noir from Yarra Valley,

Mornington Peninsular, Stoniers, Victorian High Country
Ruth – Vodka & Tonic
Lynn – Pinot Grigio served with ice – each night in Lockdown as pre-dinner drink
Heather - Coke
Peter – Taylor's Cabernet Sauvignon also Cappuccino
Diane - Tea, Pinot Noir

Favourite Film:

Daryl – The 100 Year Old Man, see story in this issue

Alastair – The Sound of Music, Gone with the Wind, Schindler's List, Crocodile Dundee, Dr Zhivago

Alex – Too many but possibly The Princess Bride

Jeanette – Frozen 1 as love wins and Mamma Mia

Richard – Parasite – won the Palme d'Or at recent Cannes Film Festival – a Korean Tragicomedy

Ruth – Anything except comical or horror

Lynn – Shawshank Redemption, great acting, talented cast and happy ending

Heather - Sound of Music, Casablanca
Peter – Doctor Zhivago for story, spectacle and Lara's Theme which was their Wedding Waltz

Diane – Charade starring Cary Grant & Audrey Hepburn – who could ask for more!

Favourite TV Show:

Daryl – No special favourite but likes Hard Quiz & 4 Corners

Alastair – World on Fire, Q&A, Foreign Correspondent, Four Corners, Media Watch

Alex – Too many again but possibly The Bridge

Jeanette – Escape to the Country

Richard – Foreign Correspondent, SBS World News, Four Corners, also Vera (ABC Murder Mystery)

Ruth – In Lockdown time to identify birds in books and Atlas for places mentioned in the media

Lynn – Any show with Martin Shaw e.g. Inspector George Gently – easy on the eye, great actor!

Heather - Quiz Shows, Midsomer Murders and comedies

Peter – Four Corners and Q & A

Diane - At present – Letters and Numbers

Favourite Author:

Daryl – Joseph Heller (Catch 22) and J K Rowling (Harry Potter Series)
Alastair – No favourite author – prefers “Fact” over “Fiction”
Alex – C.S Lewis
Jeanette – Fern Michaels & Lucinda Riley
Richard – Derek Hansen (fantastic 4 book “Lunch” series), Wilbur Smith, Tim Winton
Ruth – Various authors
Lynn – Elizabeth George
Heather - Wide variety including Thomas Kenneally
Peter – Graham Greene or Somerset Maugham
Diane - At present Leanne Moriarty

Favourite Style of Music & Favourite Piece:

Daryl – Pop Music from the 70s – Beatles, Rolling Stones
Alastair – Classical including Chopin, Beethoven, Bach, Strauss and Tchaikovsky, also Beatles,
Alex – Any traditional Scottish Folk Music or the Beatles
Jeanette – Classical – Liszt’s Liebestraum No 3, Grieg’s Piano Concerto
Richard – 60’s, 70’s, 80’s and “Imagine” from John Lennon, Diana Krall, Queen, Cat Stevens
Ruth – Classical
Lynn – The Beatles but favourite song is “I’m not in Love” by 10cc.
Heather - Pop Music – The Beatles also Classical – Chopin, Strauss and Andre Rieu
Peter – Classical – Mozart, Beethoven and Lara’s Theme
Diane - Classical – Beethoven’s Piano Concerto No 5, The Emperor

Favourite Colour for Decorating the House and to Wear:

Daryl – Stone Grey (light grey with a touch of fawn) for decorating and light blue and grey to wear
Alastair – Pale colours for decorating, white or fawn, blue to wear
Alex – None
Jeanette – Teal/Jade Blue for decorating and wearing
Richard – Antique White USA for decorating, Blue for wearing
Ruth – Neutral colours for house as

highlights paintings on wall & black to wear as nothing clashes
Lynn – Loves to wear something red if possible
Heather - Blue for decorating and wearing
Peter – Indian Red for the weather boards and blue for the pullovers
Diane - Cream colour for the house and Blue for wearing

Favourite Sport:

Daryl – Cricket
Alastair – Tennis, Australian Rules Football, Rugby Union and Cricket
Alex – Harness Racing – can tolerate cricket in small doses.
Jeanette – Cricket, especially Test
Richard – Cricket and watching AFL especially the Cats
Ruth – Was snow skiing – downhill and cross country
Lynn – Not really a sports person for either watching or competing
Heather - AFL – Magpies supporter and Cricket of various forms
Peter – Cricket when young, Golf when old, AFL Richmond when watching!
Diane - No favourite but follow the Demons

Favourite Holiday Destination:

Daryl – South of France – Toulouse, Avignon particularly in European late summer/early autumn
Alastair – Prague and travelling on the Elbe in Germany
Alex – Home
Jeanette – Mornington Peninsular
Richard – Port Douglas – can’t wait to get there!
Ruth – Has varied over the years – farm near Mallacoota, Asian intrepid holidays, back packing
Lynn – Mount Martha or France for overseas
Heather - Brazil & Argentina, New Zealand, Krakow, Prague & Elba
Peter – London takes some beating followed by Port Douglas
Diane - In Australia – Sydney, Overseas – London or anywhere in France

Favourite Café/Restaurant:

Daryl – Shane Delia’s Maha Restaurant located downstairs in Bond Street Mel-

bourne
Alastair – No favourite restaurant, just loves eating out for the food and the company
Alex – The Scottish one (or its hungry competitor)
Jeanette – The Scented Garden, Croydon Hills, The Platinum, Chirside Park
Richard – Café 23, North Ringwood, NOIR, Richmond, The Living Room, Templestowe
Ruth – Japanese Restaurant – Tokyo Sake, North Ringwood
Lynn – Greek food would be first choice
Heather - Platinum, Chirside Park, Rosebank, North Ringwood
Peter – Tokar at Yarra Valley & Nautilus at Port Douglas
Diane - In the good old days – Samsara in Mt Waverley

Occupation before retiring:

Daryl – Employee Relations/Human Resources Manager & later consulting these areas
Alastair – Lawyer and also teaching law at Swinburne University
Alex – Senior Systems Architect at NAB
Jeanette – Accountant in Public Practice, Registered Tax Agent, Super Funds Auditor
Richard – Director Financial Services Group (Share broking, Retirement Planning, Superannuation)
Ruth – Nurse
Lynn – Nurse
Heather – Stenographer, volunteer and life member of RSPCA and QBE Insurance Officer
Peter – Quantity Surveyor on major Construction Projects for 50 years
Diane - Secretary in an Intellectual Property Legal Firm

Amusing Quips About Coronavirus (from Kathie Bishop)

During our lockdowns we have all received entertaining emails about the coronavirus, so here are some more to keep you amused.

- So, let me get this straight, there’s

- no cure for a virus that can be killed by sanitizer and hand soap.
- I'm done with my 90 day trial of 2020. How do I cancel my membership?
- How long is this social distancing thing supposed to last? My husband keeps trying to come into the house.
- When does Season TWO of 2020 start? I do not like Season ONE.
- Day 7 of social distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.
- If these last weeks have taught us anything – it's that stupidity travels faster than any virus on the planet.
- 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?
- People are scared of getting fined for congregating in crowds. As if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.
- If you believe all this will end and we will get back to normal once we re-open everything...Raise your Hand. Now slap yourself with it.
- Another Saturday night in the house and I just realised, even the trash goes out more than me.
- Day 27 at home and the dog is looking at me like, See this is why I chew the furniture.
- Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now.
- I'm so excited to take the garbage out. I wonder what I should wear?
- People start coughing and worry they have coronavirus. I cough and just pray I don't pee myself.
- Remember all those times when you wished the weekend would last forever, well Wish Granted. Happy now?
- It may take a village to raise a child, but I swear it's going to take a whole vineyard to home school one.
- Silly You! You thought dogs were hard to train. Just look at all the humans who can't sit and stay.

My Lock-Down Entertainment

While we have been in 'lock-down' mode Coralie and I turned to 'SBS on Demand' and 'ABC iView' for much of our entertainment. In particular, we liked one SBS film so much, that we watched it 4 times – "the 100 year old man who climbed out the window and disappeared".

The movie is not about a U3A Ringwood member escaping from a class or lock-down, but a 100 year old Swedish man who has led a remarkable life and decides to commence a new adventure on his 100th birthday.

This is the highest grossing Swedish movie of all time and it is based on the international best-selling novel by Jonas Jonasson (I am waiting for my copy of the book to arrive in the post).

I would describe it as a 'Swedish Black Comedy' – the Swedes are known for Nordic noir crime and spy stories but are not generally known for their comedy (it often fails to translate).

I call this 'black' as many characters are foul mouthed and meet an untimely and violent end – but in a funny and unexpected manner. The film begins with 100 year old man (Allan Karlsson) sitting quietly in his room in an old people's home, waiting for his one-hundredth birthday party. The Mayor is there, the press is there, but, as it turns out, Allan is not there, as he has 'escaped' (in his slippers) through his bedroom window.

Without giving the plot away, as you may wish to see the film, after 'escaping' from the retirement home, Allan makes his way to a bus station where he presents the few coins in his

pocket and asks where he can travel with that amount. It gets him to a place called Byringe, where there is only an old unused railway siding and nothing else. This suits Allan as all he wants to do, is to get away.

While Allan is waiting for his bus, a rude, aggressive "thug" arrives wheeling a suitcase, which he finds can't fit through the door to the toilets.

So he tells Allan in very clear 4 letter terms, to hold his case while he uses the toilet.

Unfortunately, for the thug, while he is using the toilet, Allan's bus arrives and he departs with the thug's suitcase.

When the thug realises what has happened he beats up the ticket seller in order to find out where Allan's ticket is taking him and then forces the ticket seller to drive him to Byringe, and the adventure commences.

As the suitcase is filled with money the thugs have a strong incentive to find the 100 year old man and their suitcase.

As the story unfolds, Allan's fantastic escapades in his earlier life are revealed in flashbacks. A life where, as child he developed a fascination with explosives, his insatiable appetite for strong liquor and his behind the scenes role in some of the momentous events of the twentieth century such as the Manhattan Project and being on first name terms with world leaders including General Franco, Harry S Truman, Ronald Reagan and Stalin, etc..

During their frantic search for the 100 year old man and their money, the thugs through a combination of bad luck, stupidity, or failing to pay attention, progressively 'eliminate' themselves and the 100 year old man and the 3 friends that he made after 'escaping' from the retirement home (and an elephant), live happily ever

after with the money (at 100 years of age I don't know how long that would be).

Is there a moral to the story?

If there is, perhaps it could be – if you drink copious amounts of Tequila, Schnapps, Vodka and other spirits and you reach 100 years of age, you can expect to be well preserved.

How to use the internet safely and protect yourself online.

The internet can help you to do a lot of things quickly and easily, but it is important to know how to trust a website before entering personal information or making a payment using a credit card. Luckily, a few quick tips will help you identify trustworthy websites on the internet and put your mind at ease when browsing the web.

Keep Personal Information Professional and Limited

Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background, and how to get in touch with you. You wouldn't hand purely personal information out to strangers individually—don't hand it out to millions of people online.

Keep Your Privacy Settings On

Marketers love to know all about you, and so do hackers. Both can learn a lot from your browsing and social media usage. But you can take charge of your information. Web browsers and mobile operating systems have settings available to protect your privacy online. Make sure you have enabled these privacy safeguards, and keep them enabled.

Practice Safe Browsing and eMails

You wouldn't choose to walk through a dangerous neighbourhood—don't visit dangerous neighbourhoods online. One careless click could expose personal data or infect your device with malware. By resisting the urge, you don't even

give the hackers a chance – think before you click an email attachment

Sure Your Internet Connection is Secure.

Major websites use SSL (a type of encryption) to secure your connection to them. You can identify secure websites by looking for an address that starts with *https*: (the S stands for *secure*) rather than simply *http*: They may also be marked by a padlock icon next to the address bar.

Be Careful What You Download

A top goal of cybercriminals is to trick you into downloading malware—programs or apps that carry malware or try to steal information. This malware can be disguised as an app: anything from a popular game to something that checks traffic or the weather. As PC World advises, don't download apps that look suspicious or come from a site you don't trust.

Choose Strong Passwords

Passwords are one of the biggest weak spots in the whole Internet security structure, but there's currently no way around them. And the problem with passwords is that people tend to choose easy ones to remember (such as "password" and "123456"), which are also easy for cyber thieves to guess. Select strong passwords that are harder for cybercriminals to demystify.

Make Online Purchases From Secure, Known Sites

Any time you make a purchase online, you need to provide credit card or bank account information—just what cybercriminals are most eager to get their hands on. Only supply this information to sites that provide secure, encrypted connections.

Be Careful What You Post

The Internet does not have a delete key. Any comment or image you post online may stay online forever because removing the original (say, from Twitter) does not remove any copies that other

people made. There is no way for you to "take back" a remark you wish you hadn't made, or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your family and friends to see.

Keep Your Device and Antivirus Program Up To Date

Internet security software cannot protect against every threat, but it will detect and remove most malware—though you should make sure it's to date. Be sure to stay current with your operating system's updates and updates to applications you use. They provide a vital layer of security. U3A Ringwood offers free Be Connected Computer Courses where you can learn more about your device and the Internet.

To sign up for these courses go to <https://beconnected.esafety.gov.au/login/index.php>.

Be sure to nominate U3A Ringwood as your support centre when you sign up.

Would you like to contribute to the Newsletter?

Our September and October issues of the Newsletter will contain interesting articles of members travel overseas.

If you would like to share with us something interesting that you discovered during your travels, we would love to hear from you.

Please email articles/stories to our U3A email address of u3arwood@gmail.com addressed to the Secretary.

Term 3 and 4 Dates

Term 3:

Monday 13th July to Friday 18th September.

Term 4:

Monday 5th October to Friday 4th December.