

**STAYING
INFORMED
&
ENTERTAINED**



THE BRIGHTER SIDE OF LOCKDOWN? – NU3A ON ZOOM

When we emerged from COVID restrictions late last year, and members returned with great enthusiasm to face-to-face classes, we hoped to have put NU3A Connected into the annals of history... But we have just dusted it off for this, our 17th fortnightly issue, and will keep it going for as long as needed.

As we enter our second week of lockdown in the Lower Hunter – for the first time in over 12 months – we are lucky to be able to offer courses on Zoom. For well over half the NU3A members who have enrolled in Term 3 / 4, one or more of their courses is now on Zoom (updated Program attached).

Unfortunately, we are not able to move all courses to Zoom, and some members will not be able to attend their usual classes. If that means you are now stuck at home and wanting to stay connected with NU3A in a way that allows you to see and talk to others, **please let us know**.

WHAT CAN YOU DO TO STAY CONNECTED?

1. Learn to Zoom:

Staying in touch with other people is vital to most people's mental wellbeing. NU3A members who have learned to Zoom say it has opened up new possibilities – not just for attending courses, but for keeping in touch with friends and family.

2. Enrol in Tuesday Talks on Zoom:

Some courses, especially the fascinating Tuesday Talks, are open to ALL CURRENT MEMBERS, even if you haven't enrolled this Term. Class limits are

virtually non-existent – each Zoom session can cater for up to 100 members! Tuesday Talks are well-suited to Zoom – you can see the presentation up close in the comfort of your own home, and still ask questions of the presenter. Next week will be one for local history buffs from Phil Warren on Newcastle's early trams in the steam era, and the following week Dale Bray talks about her journey on the Great North Walk. To join, email nu3aenrolments@gmail.com – NOTE: those on the current Tuesday Talks have been sent the Zoom link.



3. Accept an invitation to write about your U3A experiences:

See the article below and attached invitation for details.

Keep well and stay safe in these more anxious times!

“Holy Crap” and Waging War on Ageism.

By Elizabeth Elliott

The reasons behind initiating the joint U3A Book Project: “*Holy Crap – What Are They Doing Now?*” is twofold – to show 1) what the U3A organisations are and how they benefit every community they are part of and 2) to wage war on ageism that is prevalent in so many societies throughout the world today.

U3A UK has initiated a “*Pushback Ageism*” campaign and is now actively working with a number of partners including *The Design Age Institute* and the *Centre for Ageing Better* to change the narrative and conversation around. Ref: *From the UK Newsletter*

They also, by the way, held their first National U3A Day on the 2nd June this year, something I believe we should be aiming for.

The Senior Magazine August 2nd article “**Time to tackle the blight of ageism**” by Eileen Wood discusses the Intergenerational Report 2021 – is also an interesting and timely article.

Ageism, like many “isms” is socially constructed and discriminatory, stereotyping older people as frail, infirm and demented among other things. While that is an inevitable result of ageing for some, it is not true across the great majority of our older demographic with its huge range of ages and abilities. We are living longer, healthier and more active lives yet being treated as if we are totally decrepit and I, for one, take umbrage at this. Hopefully “*Holy Crap*” will provide much food for thought as well as a lot of fun and highlight not only what U3A is about but also that age is not simply a number.

See attached Invitation to take part in the project.



Trivia – Countries by Marg Finnie

1. Which 2 countries share the longest land border?
2. How many time zones are there in Russia?
3. By size what is the smallest country in the world?
4. Which country has a unicorn as its national animal?
5. There are 11 countries that have 4 letters in their name, list them.
6. Which country is named after the equator?
7. Dracula originated in Transylvania in which country?
8. Where is the Gobi desert?
9. Which 2 countries are Victoria Falls part of?
10. Name the 2 landlocked countries in South America and which one has its own navy.



Did you know that [Taronga Zoo Sydney](https://www.tarongatv.com/) has 24/7 live cams?! Tune in and check out what goes on behind the scenes at [tarongatv.com/](https://www.tarongatv.com/) 🐘 🦏 🐘 🦏 🐘 🦏

INVITATION

U3A BOOK PROJECT

== *“Holy Crap - What ARE They Doing Now”* ==

All U3A members in NSW are invited to contribute to this U3A Book Project:

Please contact the Editor NOW if you would like to contribute

Thank you to those members whose contributions have already been received. Please be advised the book's focus is on **positive ageing** and that it may in some way help counteract the ageism so prevalent in our society today. This project has been initiated by U3A members Beth Elliott and Laurene Mulcahy independent of any association they may have with a particular U3A in order to maintain strict non-bias. All contributions will be acknowledged.

What's required:

- Stories/vignettes focussing on the positive, the funny and U3A member life experiences.
- Your name, a short bio of yourself and the U3A you are a member of.
- Contributions to be kept to a maximum of 2,000 words/2 pages due to printing costs.
- please use Times New Roman 12 point font.
- **Please note the book is now to be launched at the Newcastle Writers Festival 10th anniversary in April 2022 – not during Seniors Week as originally planned. The exact date and place will be notified later in the year once the NWF Program is completed.**
- The deadline for contributions is: **30 November, 2021**. However, it would be appreciated if you could send your contributions sooner rather than later as there will be much to do in collating, editing and printing to ensure a totally professional and readable book.

If you are interested in participating in this exciting project send/email your contribution to:

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